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Vol.1 No. 4
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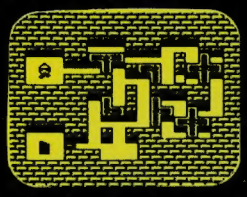

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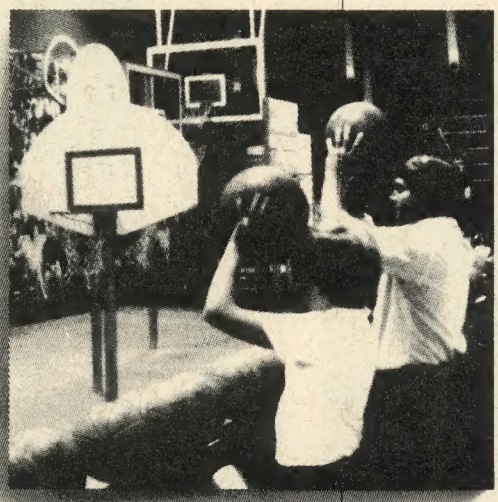

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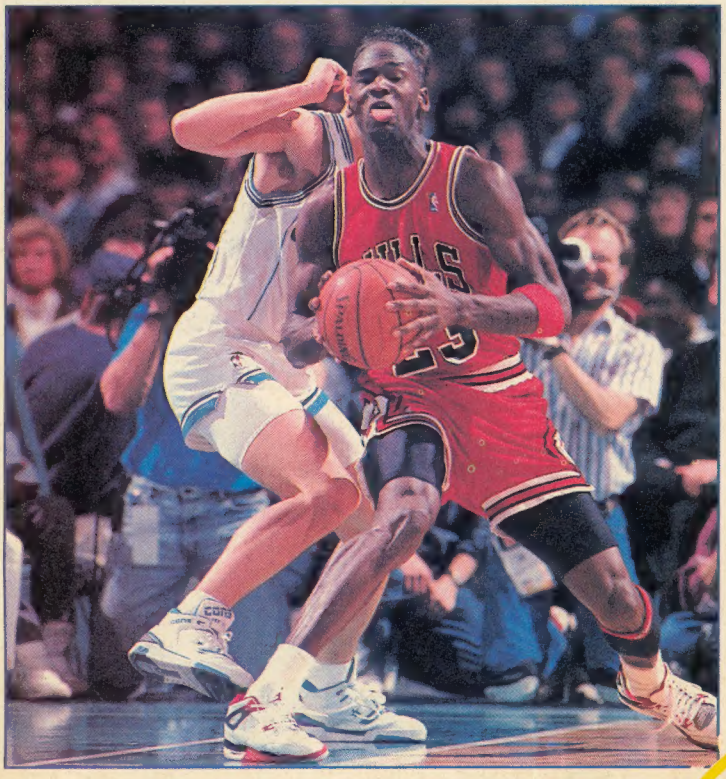

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FROM THE EDITOR

ALLSPORT USA/DAVE STOCK

When we needed tips for baseball players, we turned to a couple of all-stars, Dave Winfield of the New York Yankees (above) and Dale Murphy of the Atlanta Braves.

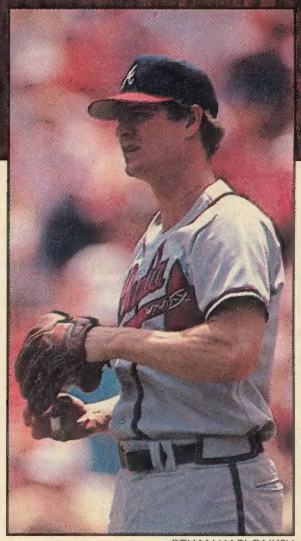
GOING TO THE EXPERTS

If you want advice about playing baseball, it's easy to figure out who the best sources are: players and coaches. That's why two stories in this issue of *Game Player's Sports For Kids* come straight from two great players.

One is taken from a new book by Dave Winfield, outfielder for the New York Yankees. His book is *The Complete Baseball Player*. In the excerpt we're bringing you, Winfield gives some good advice about attitudes and how to handle winning and losing.

In "Pro Tips," another all-star outfielder, Dale Murphy of the Atlanta Braves, has pointers on throwing the baseball.

Baseball experts aren't the only authorities you'll find in this issue. We talked to some top sports psychologists about how your imagination can help you become a better athlete. Martial arts teachers and students give you an inside look at that sport. And a windsurfing teacher offers advice on how to get started riding the wind and waves.



BRYAN YABLONSKY

For our look at the teams playing for the World Cup, we got some help from international soccer experts Duncan Irving and Ridge Mahoney of *Soccer America* magazine.

If you want to know what the pro players say, and what the experts advise, you can rely on *Game Player's Sports For Kids*. We're always looking for ways to help you get better at whatever sports you play. And to help you have more fun with them, too!

GP

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June-July 1990

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David Arneke, *Game Player's Sports For Kids* Editorial Director
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Please send all advertising materials to Pamela Lambert, Production Coordinator, *Game Player's*, 300 A-E South Westgate Drive, Greensboro, NC 27407.

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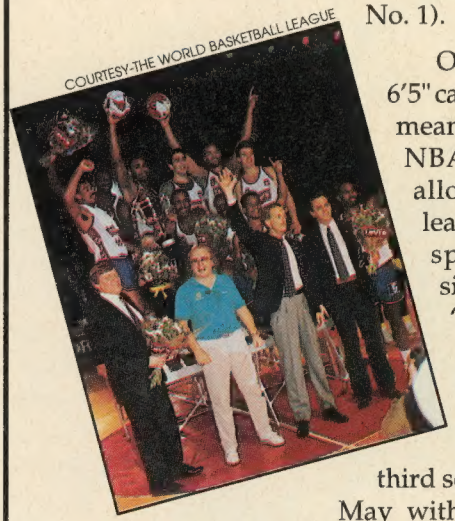
MPA

AN UPDATE ON ATHLETES FEATURED IN PREVIOUS ISSUES OF *GAME PLAYER'S SPORTS FOR KIDS*

Do you ever wonder what the athletes you've read about in past issues of *Game Player's Sports For Kids* are up to now? Here's the latest on the World Basketball League ("The Taller They Are, The Harder They Fall," Vol. 1, No. 1).



The WBL All-Stars celebrate winning the Haarlem Basketball Week tournament in Holland earlier this year.

Only players shorter than 6'5" can play in the WBL. That means a lot of guys in the NBA wouldn't even be allowed to play in this league. WBL games stress speed and aggressiveness instead of size. "We have the fastest players in the world," said Willie Bland, a WBL All-Star.

The league's third season got underway in May with new teams in three cities: Saskatoon, Saskatchewan, Canada; Memphis, Tennessee; and Erie, Pennsylvania.

Earlier this year, a team of WBL All-Stars closed out its winter season in Europe with a record of 13-2. They posted this record against teams that were usually much taller, because the international teams didn't have limits on how tall their players could be.

The WBL All-Star team began a three-country tour in December when they captured their second straight Belgium Christmas Tournament championship. The all-stars won three games in a row, including a victory against one of the Soviet Union's best teams, Riga.

In January, the all-stars won five of six games in Holland to grab the Haarlem Week Tournament title. In February, the team completed its European tour in Italy by winning five of six games.

There are eight WBL teams, including the three new clubs: the Youngstown (Ohio) Pride, the Worcester (Massachusetts) Counts, the Las Vegas (Nevada) Silver Streaks, the Calgary (Canada) 88's, and the Illinois Express. The Express plays its home games in Springfield, Illinois.

GP

Advice on athletic techniques in *Game Player's Sports For Kids* is not a complete guide in how to perform specific sports skills. Always get instructions from your coach or parents before attempting difficult moves.

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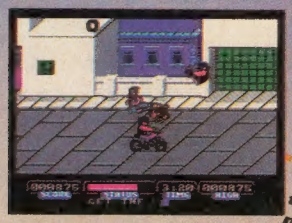
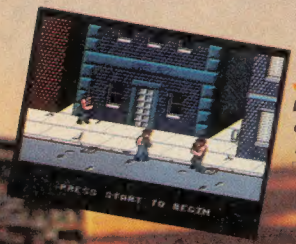


Throw a wrench in the Sleazy Rider's motorcycle mayhem.



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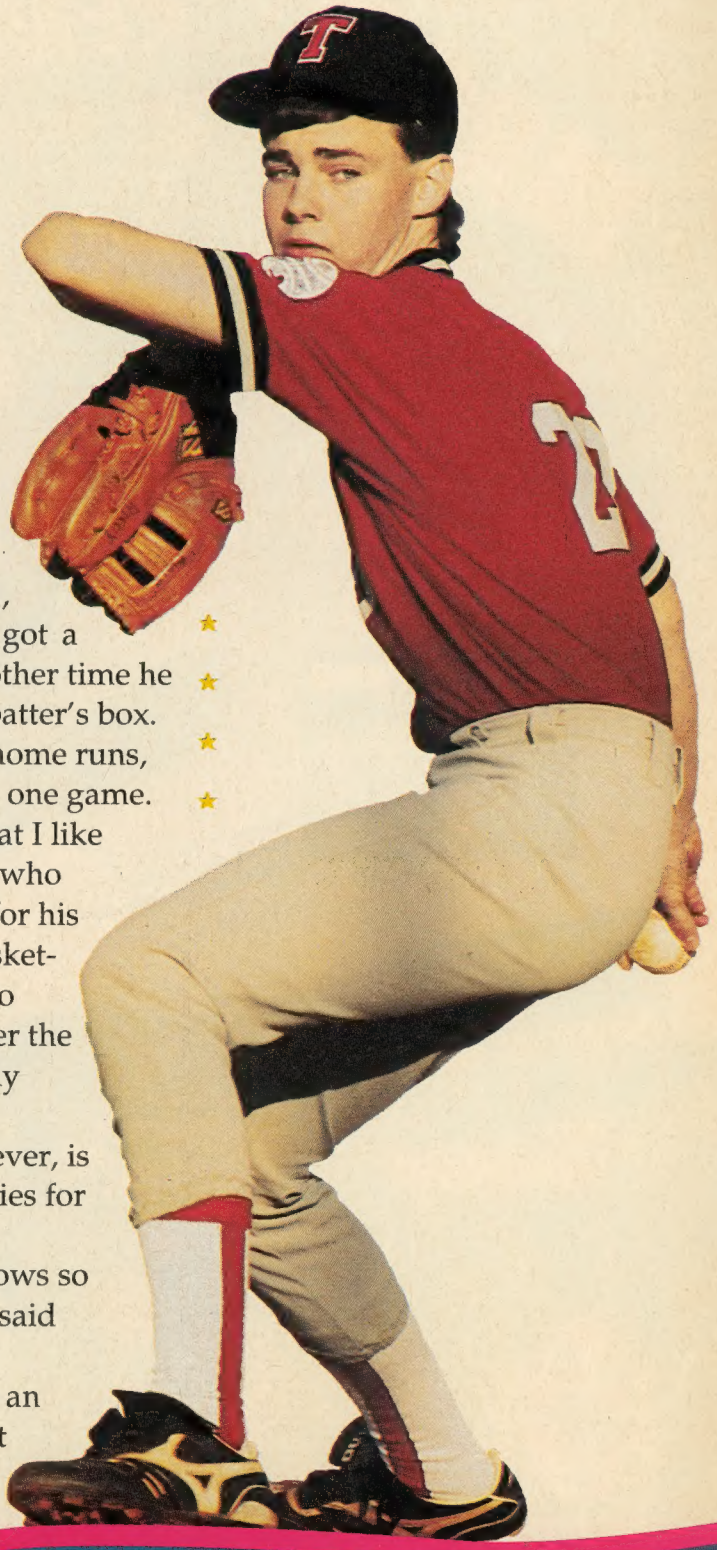


Andy Blair, a 12-year-old pitcher from Troy, Alabama, has had the kind of success on the mound that most hurlers only dream about. Last season, when he played for the Dixie Youth Cubs, Andy was simply awesome.

He's a big right-hander who used his blistering fastball to throw seven no-hitters and a pair of one-hitters last season. Opposing batters didn't have a chance. In fact, if you step up to the plate when Andy is on the mound, chances are he's going to strike you out. Of the 184 hitters he faced last season, 127 struck out. He did it with a fastball that has been clocked at more than 80 miles per hour! That's as good as a lot of big leaguers.

Andy also did great at the plate. He hit for an average of .471, which means he got a hit almost every other time he stepped into the batter's box. He also hit eight home runs, including three in one game.

"Hitting is what I like best," said Andy, who also plays center for his church-league basketball team. "I like to smack the ball over the fence and bring my buddies home."

Pitching, however, is where the future lies for this 5'10" rocket launcher. "He throws so hard for his age," said his coach, Blaine Gralheer. "He has an excellent chance at making the big

Andy's fastball helped him post an ERA (Earned Run Average) of 0.61, which means he gave up less than one run per ballgame.

leagues if he stays with it."

Andy's father, Harold Blair, almost made it to the major leagues, so you could say pitching runs in the family. His father pitched in college, and Andy's 16-year-old brother, Burt, also pitches for a Dixie Youth league team. Andy's uncle, Ben Smith, is credited with helping Andy with his delivery.

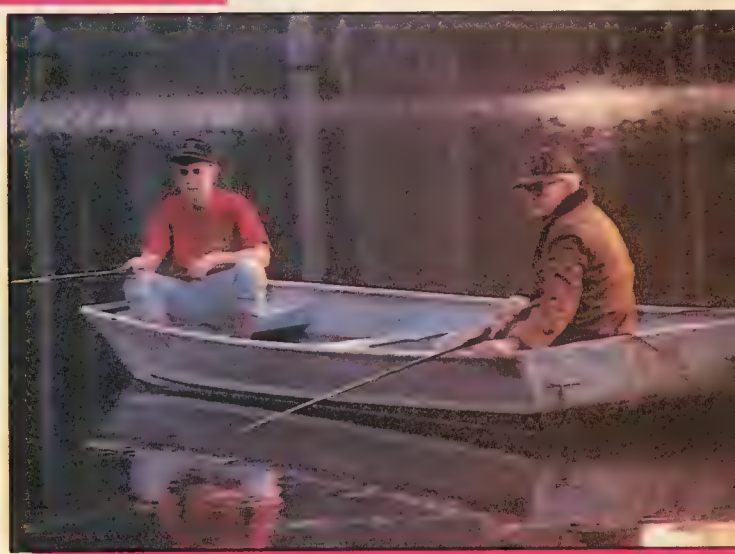
"He showed me how to put together a windup for my pitches," Andy said. "He showed me how to use my hips, wrist, and legs to get more power." Uncle Ben helped the aspiring major leaguer learn how to throw a fastball, a curveball, and a changeup.

"Boys at Andy's age just don't see that many pitches," Coach Gralheer said. "That makes him tough to beat. He's the best I've ever dealt with."

Tough to beat, yes, but not merciless. His mother, Lucille Blair, remembers one game last summer in particular. "There was this little boy who cried and cried when it was his turn to come up to bat. I guess he didn't want to try to hit against Andy. The coaches convinced him to try, then Andy intentionally walked him."

Andy said his father told him to do it. "I tried to make it look like I was really trying to strike the kid out."

Mrs. Blair says baseball has always been a family activity. "My husband and the boys play catch all the time," she said. "Before dinner, after dinner, on weekends." She said she used to play with them "until they started throwing so hard." GP



If he isn't on the mound or on the basketball court, you'll probably find Andy out fishing with his grandfather, James "Moon" Smith.

ALL PHOTOGRAPHY BY DAN SMITH

SUPERKIDS

PLAYING WITH A GOAL IN SIGHT

Playing defense for *two* of Ohio's best soccer teams doesn't leave 14-year-old Nicole Thorne much free time. But she says that soccer is one of the best things that's happened to her.

Nicole started her soccer career on a recreational team about six years ago, but there was a catch. "I never started out on a girls team," she explained. "I've always played with boys. Actually, I [didn't compete] with girls until three years ago."

Today, Nicole is a midfielder for both the Elite boys team *and* the Elite girls team in Burbank, Ohio. During the indoor season she's on

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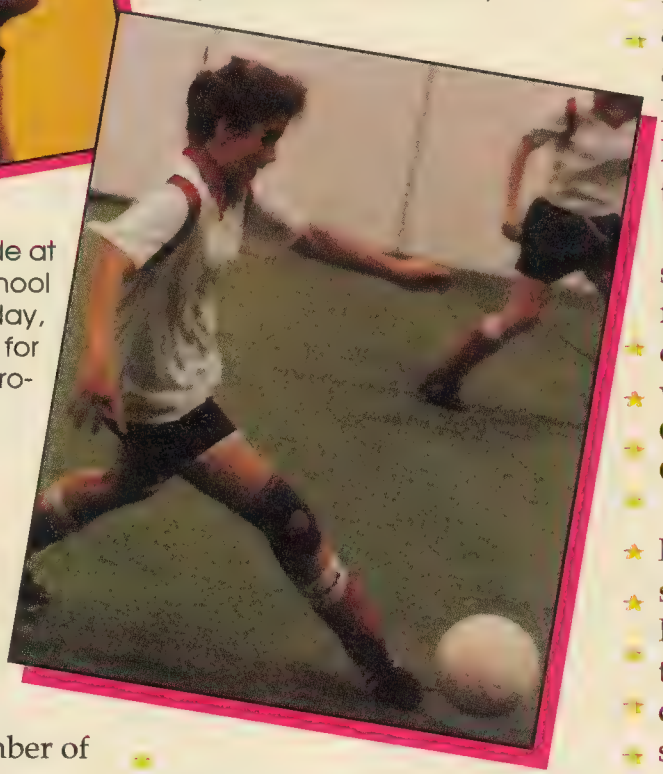
Nicole is in the ninth grade at Cloverleaf Junior High School near Akron, Ohio. Someday, she hopes to play soccer for the University of North Carolina Tar Heels.



Nicole says she has fun with both teams. "But I have more fun with the girls because I can talk more freely with them about more things. I'm kind of uptight around the boys — never really sure what I should say."

both teams. But she said she has to decide which team she wants to spend the outdoor season on because league rules won't let her be a member of two elite teams.

"Last year the league made me decide with only a few weeks left in the season, and I played with the girls because we were going to play in the playoffs.

"I don't know what the big deal is. The boys and girls teams are never going to play each other. But the league would never tell me why I had to decide, other than I couldn't play for two premier teams."

Nicole says she enjoys competing on both teams and doesn't like choosing between them, but this year she's going to stay with the boys.

"When I first played with the boys, I don't think they were real sure about having a girl on the team. Last year, I played against some European teams in the USA Cup in Minnesota," Nicole laughed. "They just kind of stared. I guess they'd never seen a girl play before."

With her indoor schedule, Nicole has one game a week with each team. She says it's quite a change switching between the two game styles.

"Some girls teams have a lot of skill, but most of them aren't as skilled as boys. Girls are rougher, believe it or not," Nicole said. "They sometimes kick you more than they kick the ball."

No matter which team she's competing for, Nicole is making her soccer moves with one definite goal in mind. "I want to go to school at North Carolina, to play soccer for the Carolina team."

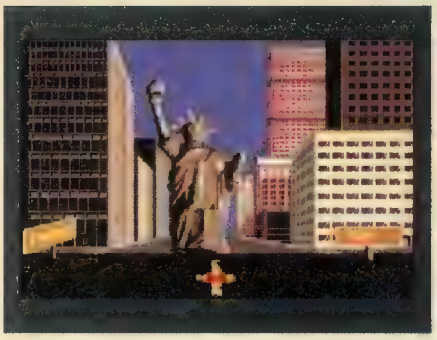
That's the University of North Carolina *women's* team, she means. The Lady Tar Heels, with wins in eight of the last nine national championships, are one of the best soccer teams in college history— men's or women's.

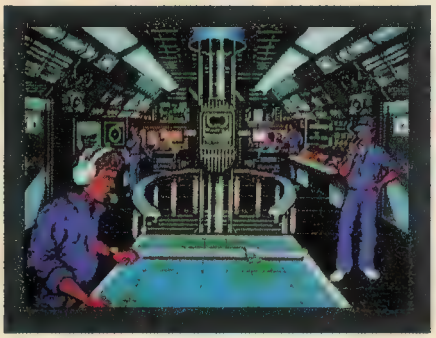
GP

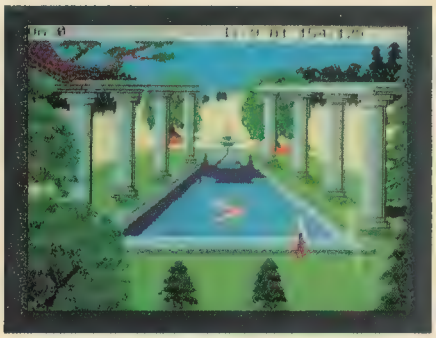
Being on two teams keeps her busy, but Nicole said, "if I do have free time, I'll probably be playing basketball or talking with friends, just hanging out — nothing too unusual."

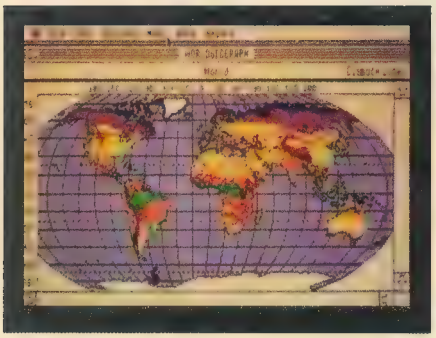
ALL PHOTOGRAPHY BY JOHN H. ASHLEY

See The World









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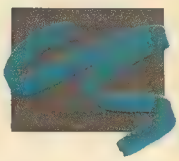

CONSUMER SOFTWARE SECTION

It describes the variety of software you can use on your computer. Let your computer entertain and educate you!

BULLS
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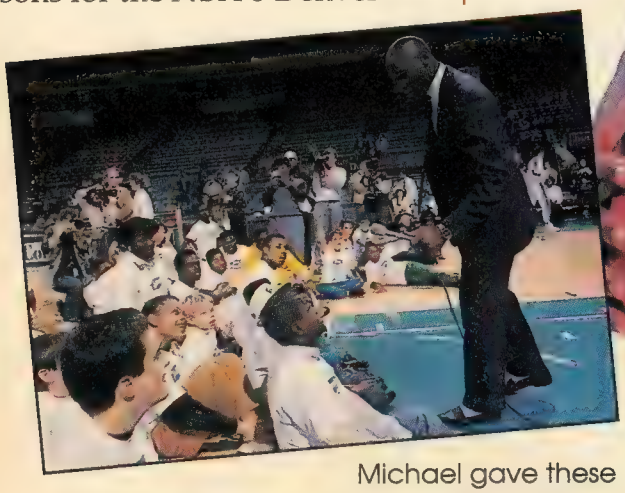
SPORTS NEWS

TOUCHING DOWN WITH AIR JORDAN

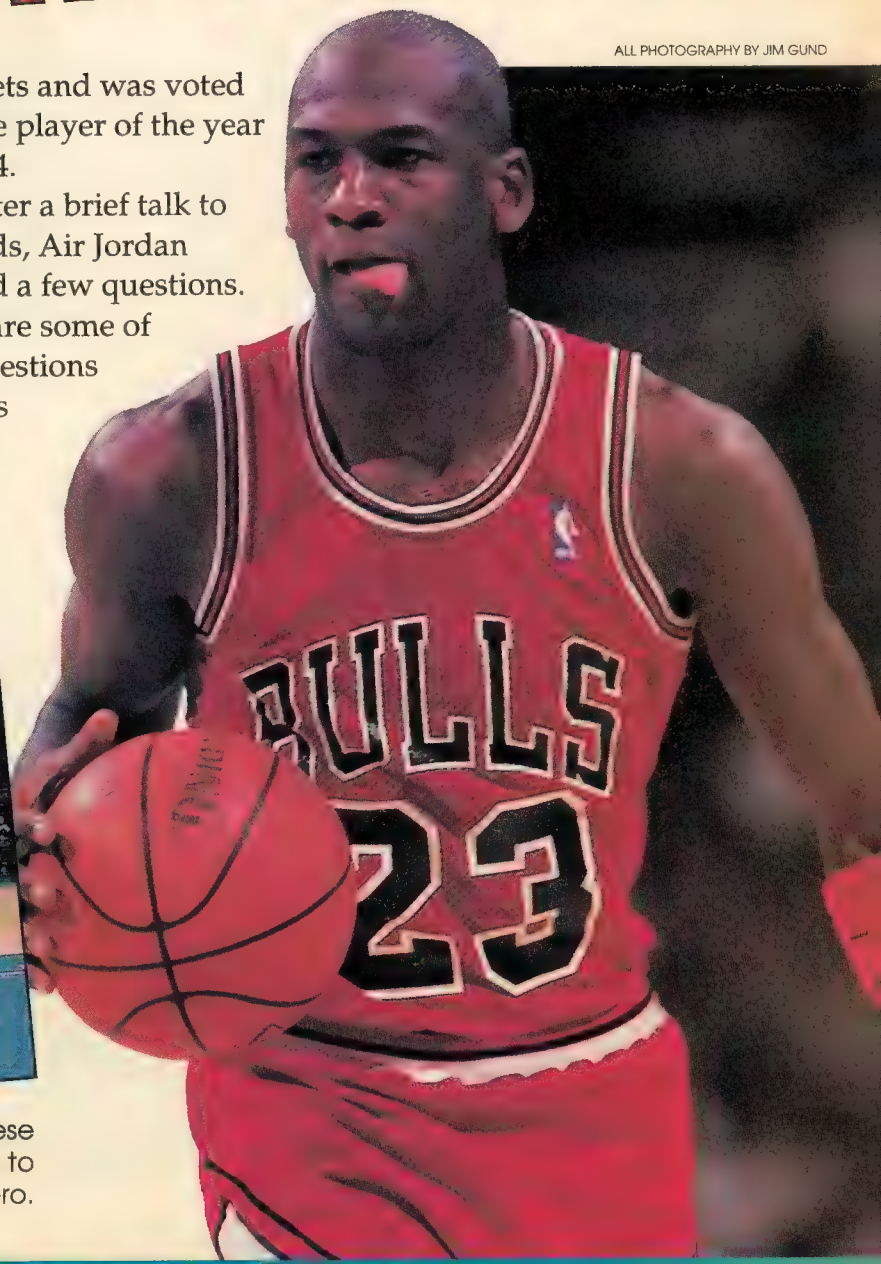
Game Player's Sports For Kids caught up with Michael Jordan as his Chicago Bulls were preparing to play the Charlotte Hornets. Before the game, Michael took time out to speak to kids from Randolph Junior High School in Charlotte, North Carolina. David Thompson, who was *Michael's* hero when he was growing up, introduced Michael to the kids. Thompson had played several seasons for the NBA's Denver Nuggets and was voted college player of the year in 1974.

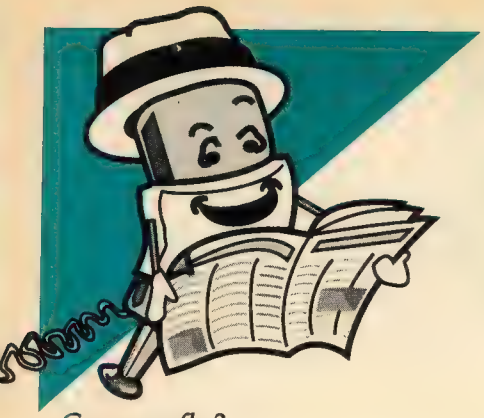
After a brief talk to the kids, Air Jordan fielded a few questions. Here are some of the questions he was asked.

ALL PHOTOGRAPHY BY JIM GUND



Michael gave these junior high kids a rare opportunity to talk to their hero.





Can you fly?
"For a little while — maybe three, four, ten seconds. No, I'm just kidding with you. I can fly for a little while, then I have to come back down."

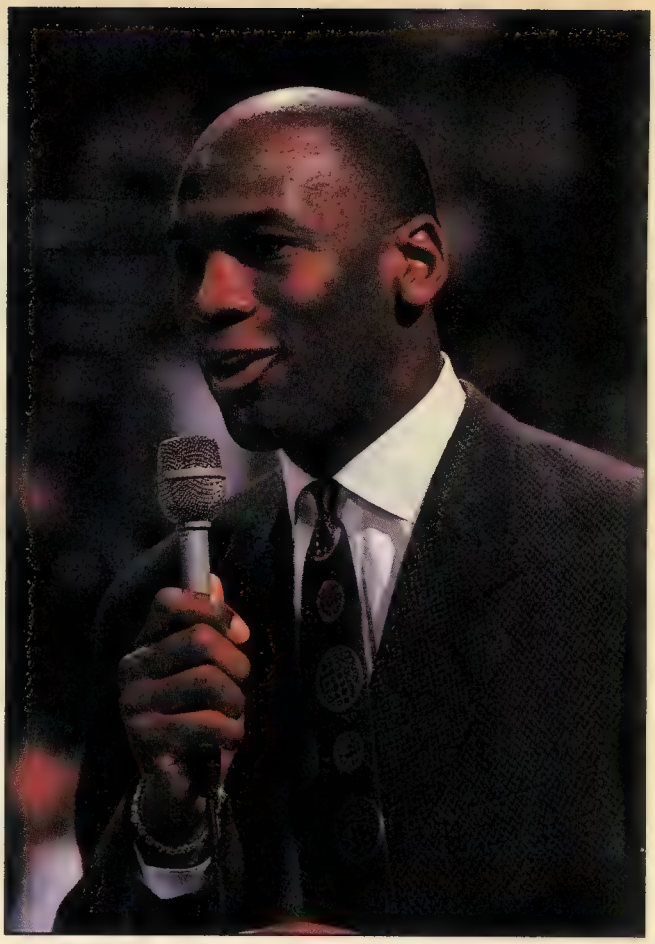
How high can you jump?
"I could get my hand about halfway up the backboard. If I knew you guys were cheering for me out there, I could touch the top of the backboard."

Are you going to win tonight?
"I didn't come all the way down here to lose!"
(That night Jordan scored 45 points, leading his Bulls to a 107-95 victory over the Charlotte Hornets.)

How did you get to be so good?
"Practice. When I started out, my brother beat me every time. But, as I started to grow and get better, I started beating him. So you should practice, too."

Who was your hero when you were a kid?
"This guy right here, David Thompson. He played at North Carolina State and I thought he was the greatest — an excellent basketball player. I don't know why, but I had to go North Carolina. You're all pulling for the Tar Heels, right?"

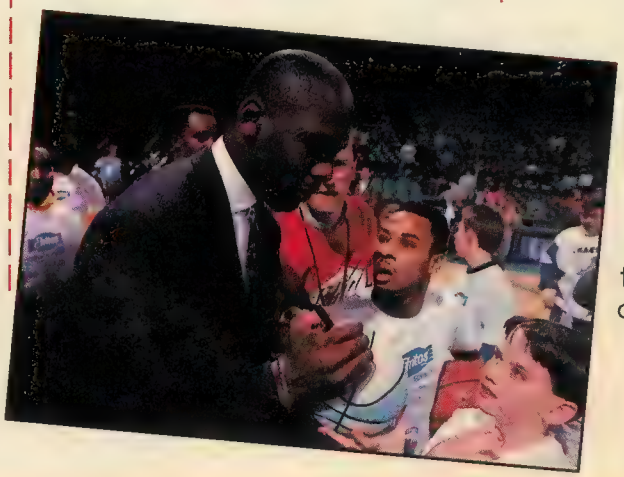
Are you going to play something else, like Bo [Jackson]?
"Maybe I ought to play football. No, don't get me started. Bo knows basketball — he knows *about* basketball. I didn't say he knew how to play it."



He's just as comfortable with a microphone as he is with a basketball.

Michael Jordan, who many say is the greatest player ever to lace up a pair of basketball shoes, plays guard for the Chicago Bulls. Known for his high-flying antics and rim-rattling dunks, Jordan is one of the NBA's premier scorers *and* defenders. In 1988, he was voted the NBA's most valuable player.

GP



Before heading to the locker room, Michael took time to sign a few autographs.

THE IDITAROD: RACING ACROSS ALASKA

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THE GOODWILL GAMES

SEATTLE '90
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Uniting The World's Best™

In 1986, the first time the Goodwill Games were held, people wondered if it would be a real international sporting event or just a made-for-TV extravaganza masquerading as sports.

TURNER BROADCASTING SYSTEM

A lion named "Unitus" (pronounced "unite-us") is the symbol of the Goodwill Games.

JAMES BELL

Seattle, Washington, and its surrounding area will be the site of the second Goodwill Games this summer.

With the second Goodwill Games coming in July, the sports world has its answer: It's a major international event, all right. Even if it was invented by a TV wizard.

"The Goodwill Games has become one of the permanent fixtures on the international sports calendar," said Robert Helmick, president of the U.S. Olympic Committee.

"It fills a real need for us in track and field," said Pete Cava of The Athletics Congress, the governing body of track and field. The Goodwill Games are the top track event in the world this year. "And it's important for the other sports, too," he said.

More than 2,500 athletes from around the world will gather in Seattle, Washington, for the second Goodwill Games. The games will run from July 20 through August 5.

The event was the idea of Ted Turner. He owns the Atlanta Braves baseball team and Atlanta Hawks basketball team. He also owns the WTBS and TNT cable TV channels and Cable News Network.

Turner was disappointed that the U.S. and Soviet teams didn't compete against each other in the 1980 and 1984 Summer Olympics. The United States boycotted the 1980 games in Moscow for political reasons. In 1984, the Soviet Union boycotted the games in Los Angeles.

ALLSPORT USA/TONY DUFFY

Olympic triple gold medal winner Janet Evans of the United States will be among the athletes competing in the Goodwill Games.

Turner wanted to bring the top U.S. and Soviet athletes together, along with the top athletes from other countries. He proposed the idea to the Soviet Union, and the first Goodwill Games were off and running for Moscow in 1986.

The games mix events from the Summer and Winter Olympics — track and field, basketball, gymnastics, swimming, skating, hockey, and 15 other sports. But in the Goodwill Games the field for each event consists of only the top U.S. athlete, the top Soviet athlete and the other top six athletes in the world.

The event is held every four years. In four years the Goodwill Games will return to a site in the Soviet Union.

The games will be on TV on WTBS. If you're in the Seattle area this summer, you can also go to a major arts festival held along with the games. One of its major events will be a "Circus Summit," featuring performers from the United States, Soviet Union, and Canada. GP

THE AWESOME TOUR DE FRANCE

Men's winner Greg LeMond of the United States and women's winner Jeannie Longo of France hear the fans cheer after last year's Tour de France. Longo has won the women's race three straight years.

Defending champion Greg LeMond is the only American who has won the Tour de France. He also won in 1986.

Every sport has one great event that sports fans everywhere identify as *the* major championship. Baseball has the World Series; football, the Super Bowl. Tennis has Wimbledon; soccer, the World Cup.

The world's greatest bicycle race is called the Tour de France, and it's hard to find a more grueling event in any sport anywhere. Winning the Tour de France is not only winning the most famous bicycle race in the world, it is also winning one of the world's great tests of strength and courage.

This year's race begins on June 30 and covers 2,127 miles

The going gets tough when the race rolls into the mountains.

Riders in last year's race pedal through the French countryside on their way to the finish line in Paris.

ALL PHOTOGRAPHY BY ALLSPORT USA/VANDYSTADT

in 21 days. The route all through France changes from year to year. The shorter women's Tour de France begins on July 10.

Riders in the men's race average about 100 miles per day, but that's not the hardest part. The distance is tough, but it's the *mountains* that make this bike race special. The race is run in 21 one-day segments. Three segments go through the Alps, one of the highest mountain ranges in the world. Two more go through the Pyrenees Mountains between France and Spain.

Anyone who can lead the world's best across the finish line in the heart of Paris really deserves to be called the world's top rider.

Last year's winner was Greg LeMond, the only American ever to win the Tour de France. And his triumph last year was even more special than his first Tour victory in 1986. After that race he had some terrible problems. He was shot in a hunting accident. He suffered a series of injuries. When the race began last year, he wasn't one of the favorites.

The last leg of the 1989 race was an individual time trial, a race against the clock. LeMond had ridden a great race. He was in second place, but his total time was 50 seconds behind Laurent Fignon of France. LeMond was so far back that no one gave him a chance. But after two years of struggling, he put on one of the greatest comebacks in sports history. His time on that last leg was 58 seconds better than Fignon. After more than 2,000 miles of racing, LeMond won the race by *eight seconds*. It was the closest finish in Tour de France history.

This year's race will be the 77th. Each day, the overall leader will wear a special yellow jersey. The rider who wears it after the last race on July 22 will be cycling's biggest hero of the year.

GP

SPORTS NEWS

HARNESS-RACING CAMP

Driver Blair Burgess works out a horse named Amity Chef at the Delaware County Fairgrounds track in Ohio.

UNITED STATES TROTTING ASSOCIATION

A group of trotters, as harness racehorses are called, can cover a one-mile track in about two minutes. These horses are racing at Scioto Downs in Columbus, Ohio.

Kids who love horses can get an inside look at the sport of harness racing this summer.

In harness races, the drivers ride in light carts called sulkies that are pulled by the horses.

The Harness Horse Youth Foundation will run camps in several Eastern and Midwestern states. Most camps last one day. They're held at farms, training centers, and raceways, like Pocono Downs in Pennsylvania and Prairie Farms in Iowa. Ages 12 and up can attend.

The camps cover everything about the sport. Campers learn how to clean the horses' stalls and groom the horses. They also learn how to drive a horse around the track for a light workout and how to prepare a horse for a race.

Taking care of a racehorse is a lot of work! A typical day at the raceway begins at 7 a.m. The horses are fed and watered first.

Next, the stalls are cleaned and fresh straw is brought in for bedding. Then the horses are cleaned and get their harnesses put on them. A "jog cart" is attached to the harness, and the horse takes a three-mile practice run.

After the workout, the horse is too hot to simply go back to its stall. The animal's caretaker, called a groom, walks and waters the racer until the horse is cooled down enough to rest in the stall. The groom rubs liniment (a medicated liquid) on the horse's legs and cleans its hooves.

On nights when the horse is racing, the groom takes the horse and its equipment to the racing stalls, which are called the paddock. The horse warms up by jogging a few miles around the track. Each one-mile race is run in about two minutes. Then horse and groom go through the cooling down and cleaning again.

The cost of attending the camp is $5. The camps allow parents to come along, too, and learn about the sport along with their kids.

The foundation has been putting on the camps for 15 years. Each year about 300-500 kids attend. For locations and dates, write to the foundation's camp coordinator, Ellen Taylor, at 16565 Carey Road, Noblesville, Indiana, 46060, or call her at 317-896-3164.

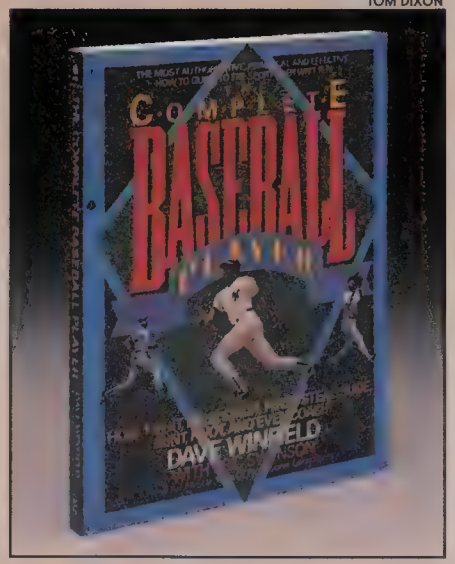
—JANE GOLDBERG

GP

DAVE WINFIELD:

WINNING AND LOSING IN BASEBALL

TOM DIXON



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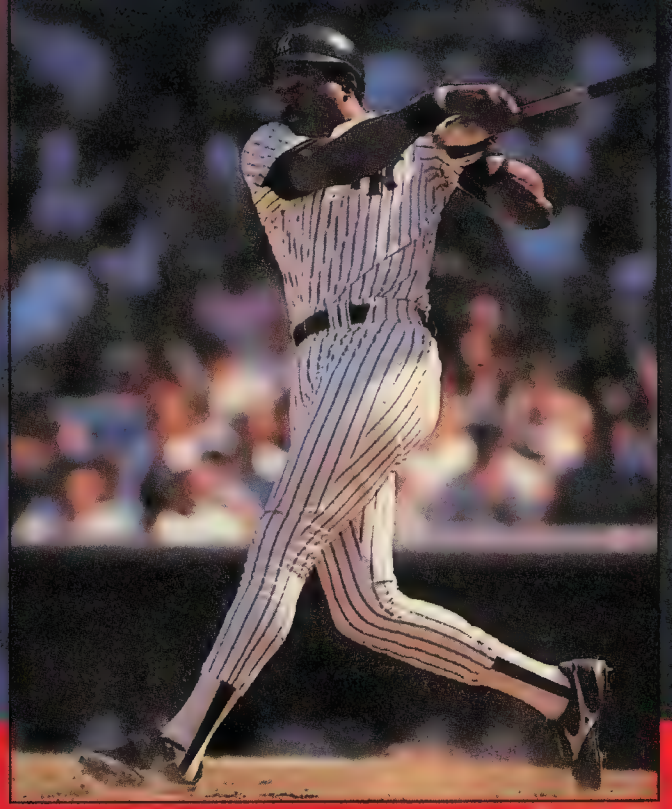
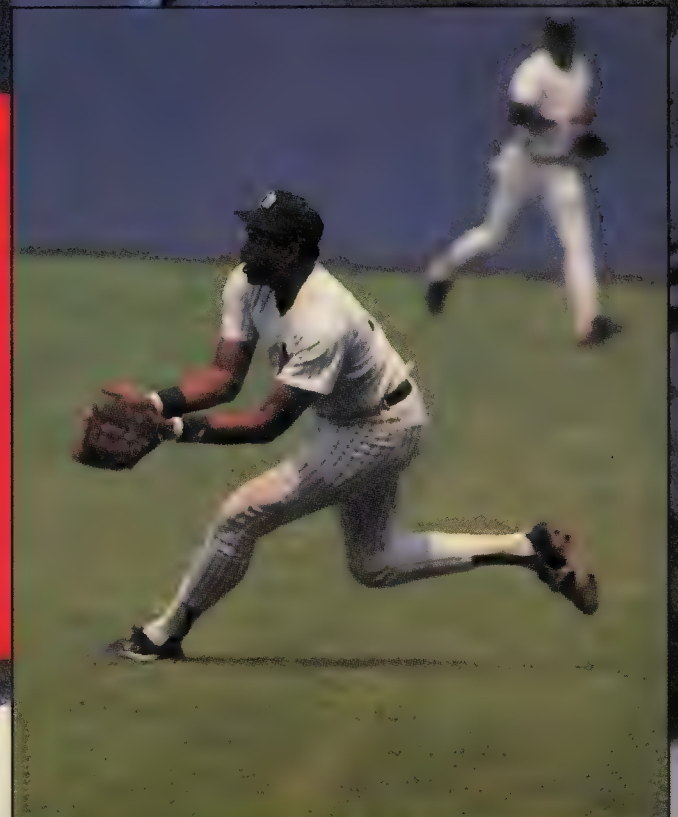




DAVE WINFIELD with ERIC SWENSON

Editor's Note: In THE COMPLETE BASEBALL PLAYER, New York Yankees outfielder Dave Winfield and sportswriter Eric Swenson discuss the fundamentals of hitting, pitching, base running, and fielding. They also discuss attitude, fitness, and equipment. A group of players including Don Mattingly, Kirby Puckett, and Vince Coleman helped write the sections on their specialties.

In this section, Dave Winfield talks about some of the attitudes that lead to success on the baseball field.

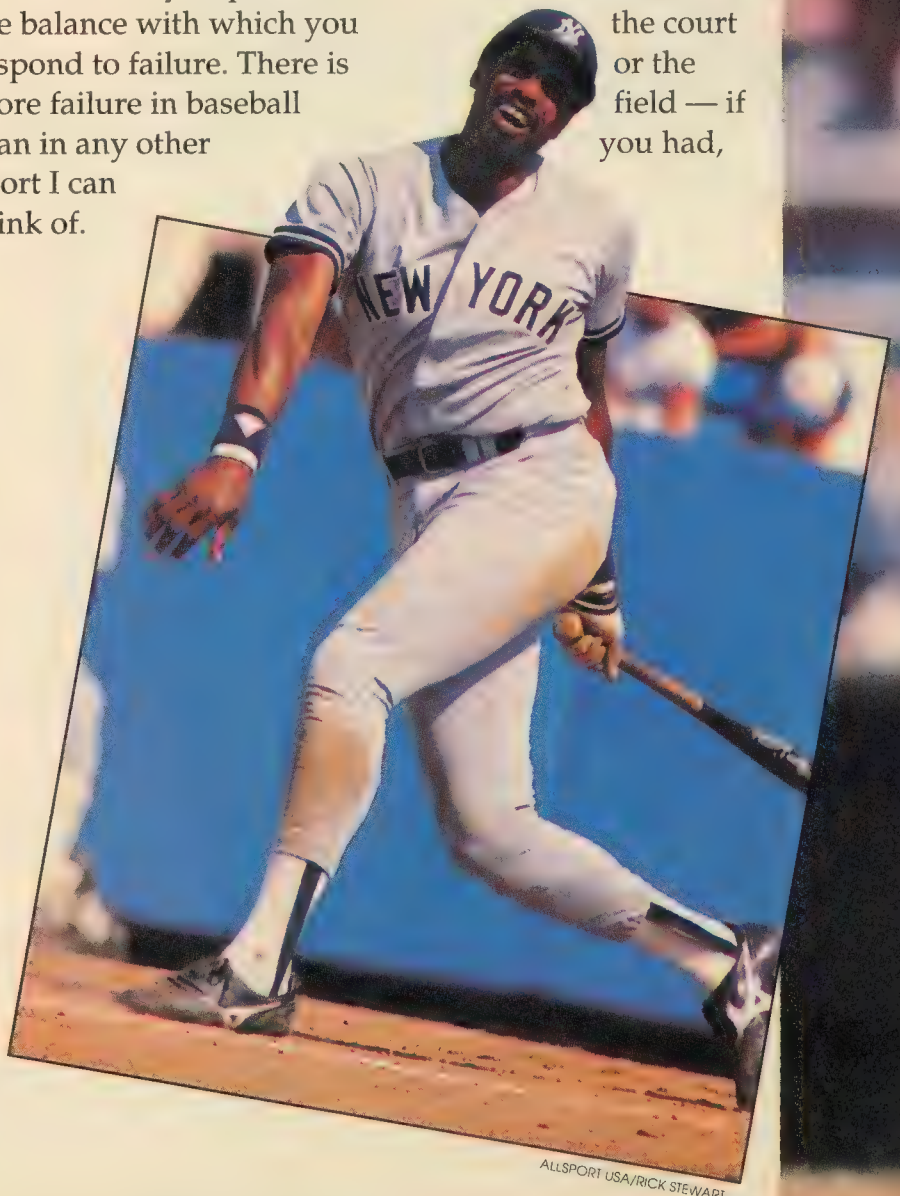
The ACT Of Playing Baseball

Eliminating the role of luck, which most often is just a case of preparation coinciding with opportunity, I find that winning boils down to achieving the advantage in three areas: *A*ttitude, *C*onditioning, and *T*echnique. The right attitude should come first. It certainly facilitates achieving excellence in the other two areas. Attitude is where excellence begins. It's the hunger, the desire within, the intensity and determination that gives you the edge. Keep in mind the primacy of the mind, the importance of attitude; it's the *A* in the ACT of playing baseball.

WINNING AND LOSING: Keeping Your Balance

In the pages that follow, I hope you note how important balance is to just about everything connected to baseball. Balance is the essence of choosing a bat, taking your stance at the plate, and making your swing. At several points in the delivery, the pitcher must literally be able to balance his body. Fielders and runners must maintain their balance in the midst of a headlong dash. A good team is a balanced team. Balance is the one great key to everything I am trying to teach in this book, and I don't mean just physical balance. If you can bring spirit, mind, and body into balance, you will have made a tremendous achievement in life. Baseball can be a means to that end. The balance that you learn through baseball, the excellence you achieve on the diamond, can become a way of being and extend to every other field of endeavor.

Particularly important is the balance with which you respond to failure. There is more failure in baseball than in any other sport I can think of. Average hitters fail three out of every four times they go to the plate. The very best hitters, and I'm talking about the ones in major league baseball you can count on the fingers of a single hand, fail two out of every three times they try. Those statistics in any other sport would get you booed off the court or the field — if you had,



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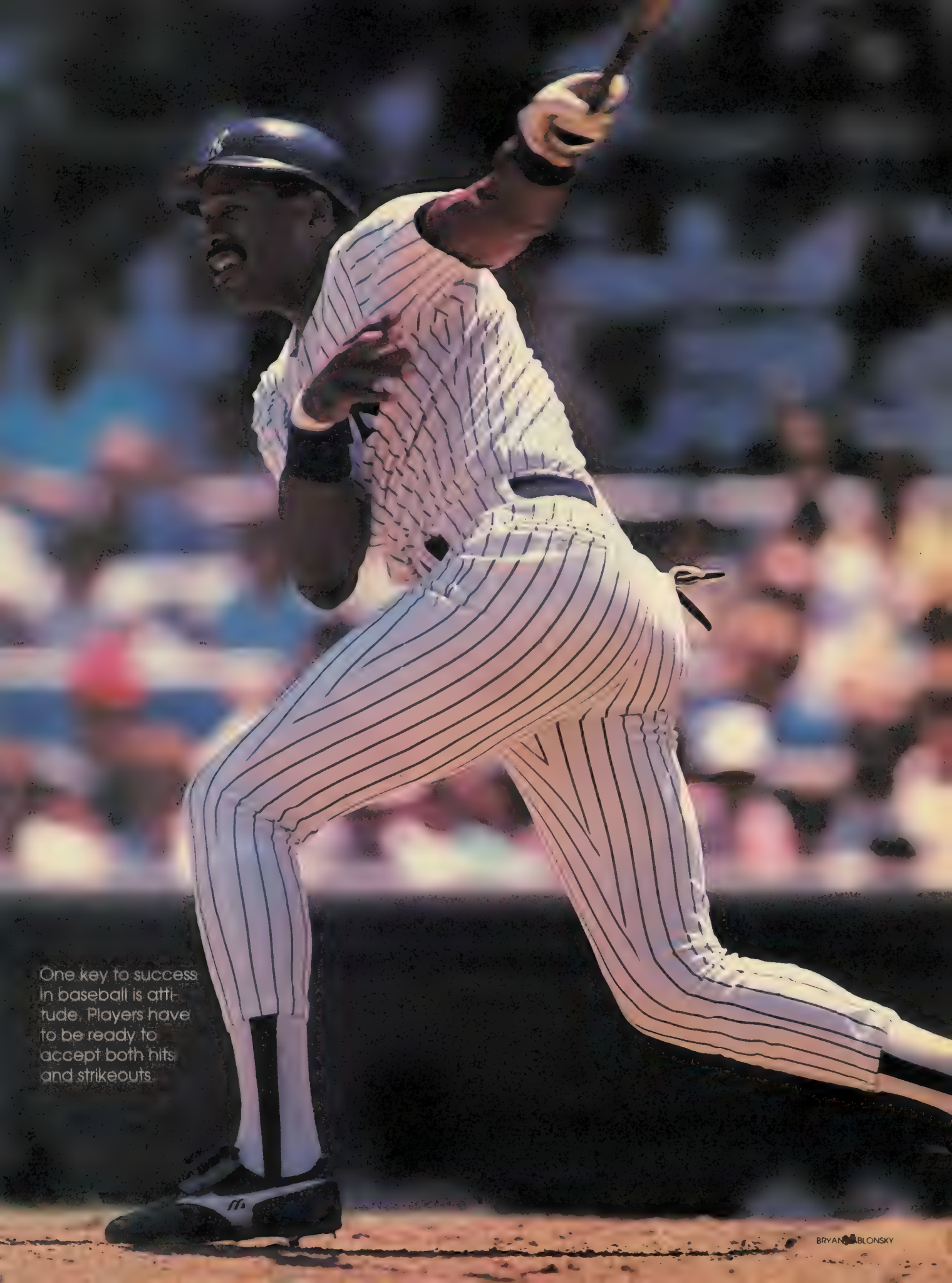


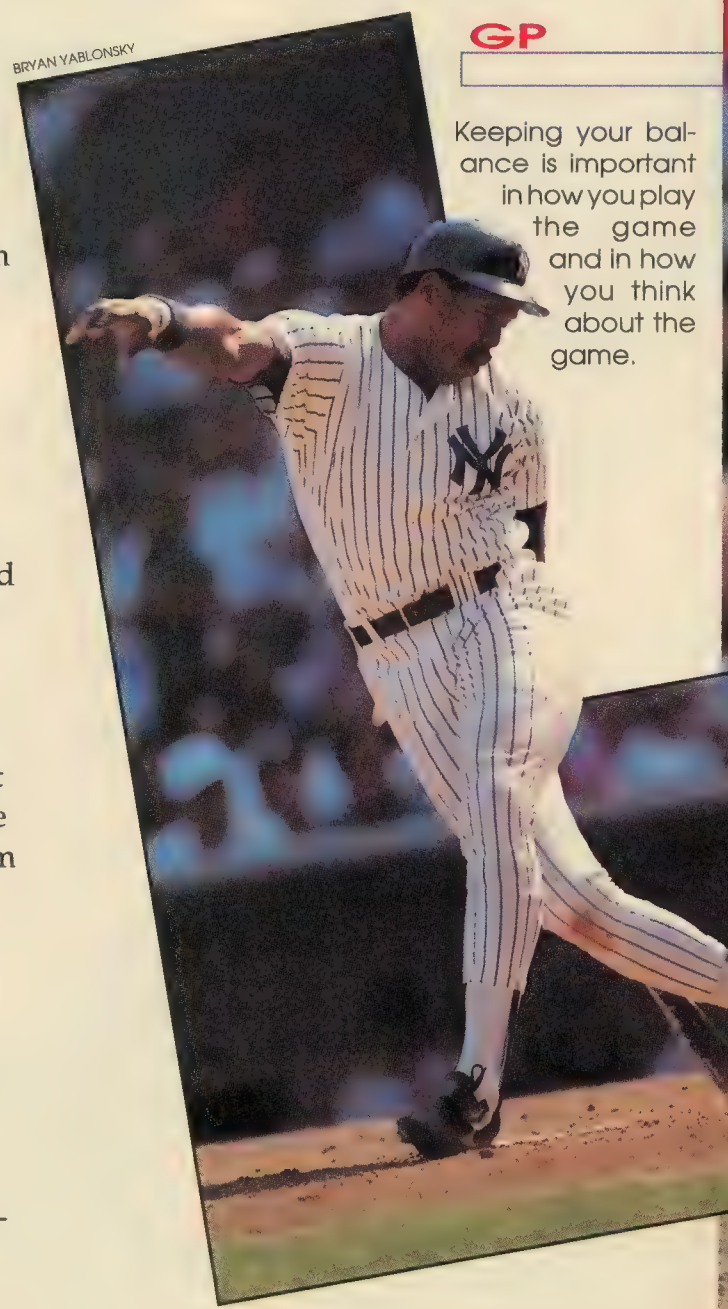
One key to success in baseball is attitude. Players have to be ready to accept both hits and strikeouts.

BRYAN ABLONSKY

by some oversight, even managed to get there. If you don't learn to live with failure, it will kill you as a player. If you're still thinking about how you went hitless in your last game, or the crucial error you made, or how this team chased you in the first inning the last time you faced them, you're on your way to failing again.

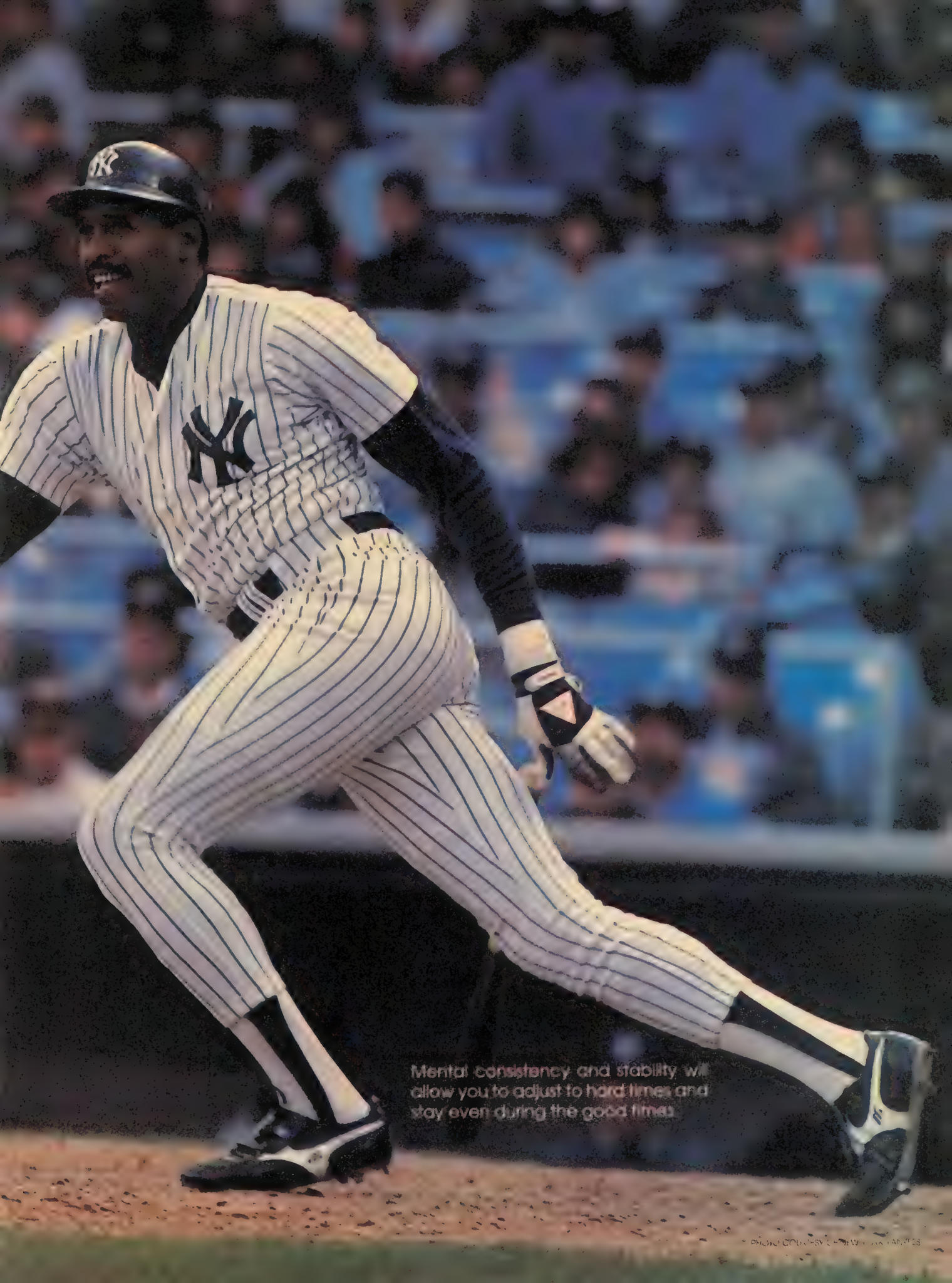
Over the long haul and the short haul, baseball holds many setbacks, both individual and collective. You must keep on keeping on and go with the flow. Don't get too high or too low. Mental consistency, stability, equilibrium — in a word, balance — will allow you to adjust to hard times and stay even during good times. These qualities enable you to lose with dignity and win with aplomb, perhaps the game's hardest lessons. Athletes are often told how important courage is to sport. It means more than being able to break up that double play with your body or not being afraid of that fast one, high and inside. Courage is the trait that keeps you from getting dis-*couraged* and allows you to be en-*couraged* when things look bad.

Set goals for personal achievement and accomplish them. If your philosophy is "winning is the only thing that counts," you've got no escape hatch. I am not preaching defeatism but realism. There have been a very few undefeated champions in individual sports, but I'm not familiar with a single *team* that had a lifetime winning percentage of 1.000. Failure and losing are a constant in baseball. You will never be balanced if you cannot accept this as part of the equation. You can, however, be a consistent winner if you compete within.


BRYAN YABLONSKY

GP

Keeping your balance is important in how you play the game and in how you think about the game.


Mental consistency and stability will
allow you to adjust to hard times and
stay even during the good times.

DAVE WINFIELD:

A COMPLETE BASEBALL PLAYER

JASON R. RICH

Dave Winfield has a message for any kid who wants to play in the big leagues: It's not easy.

"Being a baseball player is not all glamour. It's hard work," Winfield told *Game Player's Sports For Kids*. "The right attitude, proper conditioning, and perfecting the techniques are keys to success."

Success in baseball is something he knows well. Winfield, 38, has been playing in the major leagues since 1973. He played first for the San Diego Padres, and since 1981 he has been with the New York Yankees. He has been one of the best power hitters in the game, and he's an outstanding fielder, too. He's been voted into the All-Star Game 12 times.

People often ask Dave how they can become better players. That's what made him write his new book, *The Complete Baseball Player*.

"I have taught a lot of clinics and started writing this book by thinking about what young people don't know about baseball," Winfield said.

"To be a professional player, you have to get yourself in good shape and practice every day. Professional players have to learn to be tough."

Dave has been a tough player throughout his career. He grew up in St. Paul, Minnesota, and played baseball and basketball at the University of Minnesota. After he graduated, he was drafted by the Padres. And by two basketball teams, the Atlanta Hawks of the NBA and the Utah Stars of the old American Basketball Association. And by a football team! At 6'6" and 220 pounds, Dave looked like a football player to the Minnesota Vikings.

Baseball was Winfield's choice. He joined the Padres without playing in the minor leagues, something very few players can do.

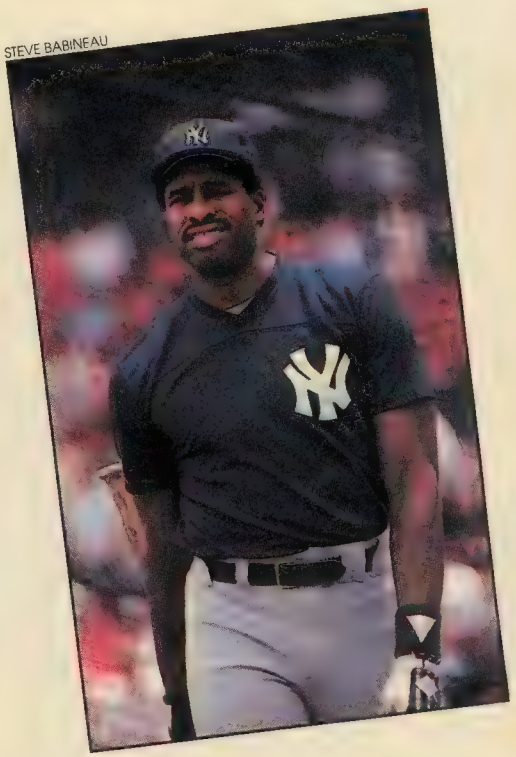
Dave had wanted to be a baseball player since he was ten years old. "I did what I wanted to do early on and I kept doing it. I just kept playing."

Winfield couldn't play last season because of a back injury. Now that he's recovered, he wants to play at least five more years. "I want to be remembered as a good ball player who was good for a long period of time," he said.

In addition to playing baseball, Dave has founded the Winfield Foundation, a non-profit organization that works with kids in the areas of health and education. "We teach kids about the dangers of substance abuse and how to avoid peer pressure."

For more information about the Winfield Foundation, write to Dave Winfield, c/o the Winfield Foundation, 2050 Center Ave., Fort Lee, New Jersey 07024.

GP



Dave Winfield was such a good athlete in college that he was drafted by four pro teams in three different sports!

Winfield has been one the most dangerous hitters in baseball since he came to the major leagues in 1973.

ALLSPORT USA/RICK STEWART

WHO'S WHO

IN THE WORLD CUP

UNITED STATES

COSTA RICA

COLOMBIA

BRAZIL

URUGUAY

ARGENTINA

SCOTLAND

ENGLAND

IRELAND

SPAIN

Just about every nation in the world tried to qualify for soccer's World Cup finals. There were 167 teams at the start. And there are only 159 countries in the whole United Nations!

That was in 1988. Now there are 24 teams left to play for this, the 14th world soccer championship. The games will be played in 12 cities in Italy. The first game will be on June 8 in Milan, and the championship will be on July 8 in Rome, Italy's capital.

Once every four years the best national teams square off for the biggest prize in the world's biggest sport. The

Here's everything you need to know to pick your favorite teams as they compete for soccer's world championship.

winners will be heroes in their home country, just like the Oakland Athletics or San Francisco 49ers are in the United States.

This is a special World Cup for the United States. It's the first time the U.S. team has made the finals in 40 years! Next time, in 1994, it will be special, too. That's when the World Cup will be played in the United States for the first time.

FOCUS ON SPORTS

The great Pele led Brazil to two World Cup championships. Many people think he was the greatest soccer player ever.

WHAT ABOUT OUR TEAM?

Who will the U.S. team play in the World Cup? It works like this: The 24 teams are divided into six groups for the first round. Each team plays three games, one against every other member of its group. The U.S. team's games will be: June 9 against Czechoslovakia, June 14 against Italy, and June 19 against Austria.

Italy is the best team in the U.S. team's group, and it's one of the toughest in the 24-team field. The U.S. team is not considered one of the best, so it will have to play as well as it can to make the second round.

Sixteen teams will make it to the second round: the top two teams in each group, and the four best third-place teams. After the first round, the winners of each game advance and the losers go home.

WANT TO WATCH?

Soccer fans all over the world will watch the World Cup games on television. Many games will be televised in the United States on two cable channels, TNT in English and Univision in Spanish. In Canada, The Sports Network cable channel will carry some games. For more information, check your local television listings.

WHO IN THE WORLD ARE THESE GUYS, ANYWAY?

It's easy for most Americans to pick a favorite World Cup team — the United States! But you might want to choose another team to root for, too. Maybe one of the other 23 teams is from the nation your parents or grandparents or ancestors came from. Maybe you'd want to pull for a perennial power, like Brazil, or for a team that hasn't made it too often, like Egypt or Cameroon.

Here is a quick look at the 24 soccer-playing nations that will compete for the World Cup. One will be the next world champion of soccer.

Soccer Facts: The Austrians are led by sweeper Toni Polster, a top goal scorer. Polster had five goals in Austria's eight qualifying games.

The Country: Austria is a great place to ski — the mighty Alps mountains cover much of the country....The capital is Vienna.

Soccer Facts: The Belgians were the surprise team of the last World Cup in 1986, finishing a strong fourth....Belgium is known for playing tough defense.

The Country: Belgium is a small country, but it contains people who speak two different languages — Flemish and French....The capital is Brussels.

Soccer Facts: The Czechs have made it to the finals eight times, but they've never won the cup. They were the runner-ups once.

The Country: When you get outside its cities, Czechoslovakia is a land of castles. Thousands of them still dot the countryside....The capital is Prague.

Soccer Facts: England has a veteran team, but the players' lack of speed hurts them on defense....World Cup organizers still ranked England among the top six teams in the field.

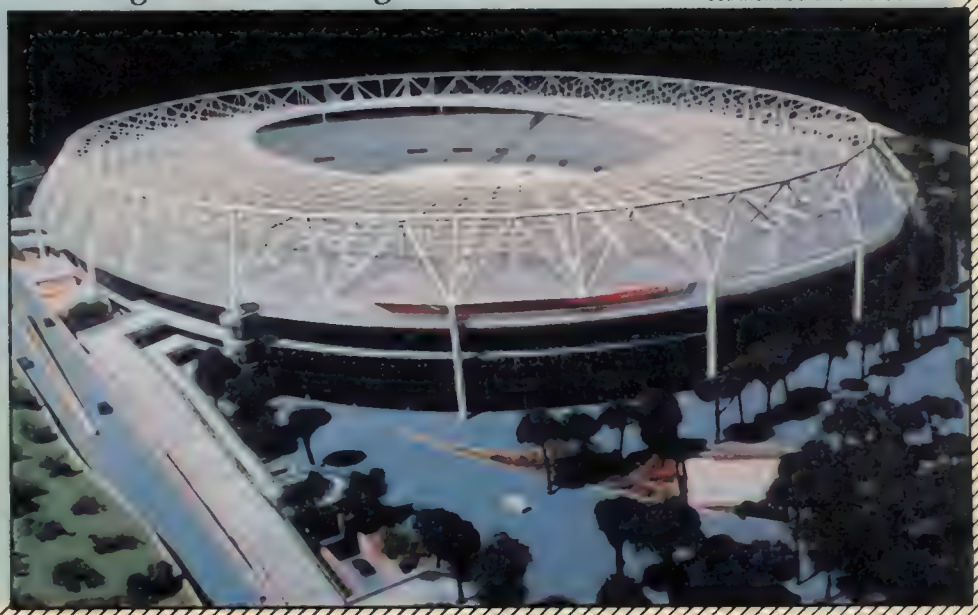
The Country: England and Scotland are both in the finals, even though they're part of the same nation, the United Kingdom (which is also known as Great Britain). The group that organizes the World Cup considers the U.K. to be four separate countries — England, Scotland, Wales, and Northern Ireland....The capital of England and the U.K. is London.

Soccer Facts: Ireland is a tough team that can give anyone a difficult game....This is the first time the Irish have made the final round.

The Country: There are many Americans of Irish ancestry, so you can be sure the Irish team will have many fans in our country....This island nation is called "the Emerald Isle" because of the natural beauty of its plant life....The capital is Dublin.

Soccer Facts: Italy qualified automatically because it is the host team....The Italians are one of the favorites to win it all, but they've had trouble scoring goals. Their fanatical

BOB THOMAS SPORTS PHOTOGRAPHY



This architect's model shows the newly renovated Olympic Stadium in Rome. The stadium will be the site of several games, including the championship on July 8.

fans may put a lot of pressure on the young team if the going gets tough.

The Country: This country may be as famous for its food — like pizza and spaghetti — as anything else....Rome, the capital, is the home of one of the most famous stadiums of all time, the Colosseum, built more than 1,900 years ago!

NETHERLANDS

Soccer Facts: The Dutch team is the current European champion and one of the favorites in the World Cup....The Netherlands has excellent players at all positions, particularly Marco Van Basten, one of Europe's top goal scorers.

The Country: This nation's name means "the low country." In coastal parts of the country the land is actually lower than the ocean, which is held back by barriers called dikes....The capital is Amsterdam.

ROMANIA

Soccer Facts: Romania is one of the surprise teams in the World Cup finals....Striker Dorin Mateut won the "Golden Shoe" award as the top goal scorer in European soccer last season.

The Country: This country includes the mysterious region of Transylvania, where the vampire Dracula came from — in legend, anyway....The capital is Bucharest.

SCOTLAND

Soccer Facts: The Scots have gotten to the finals seven times, but they've lost in the first round every time....They're a long shot again this year.

The Country: Scotland is part of the United Kingdom, like England, but don't refer to Scottish people as English! The Scots are proud of their heritage as a separate country....The capital is Edinburgh.

SOVIET UNION

Soccer Facts: The Soviets will play in one of the toughest first-round groups, along with Argentina and Cameroon....The Soviets are rated among the toughest teams in the finals, but they haven't been consistently good at scoring.

The Country: The Soviet Union is the biggest nation in the world....There are 15 republics in the Soviet Union, containing many different nationalities, languages, and

ALLSPORT/DAVID CANNON

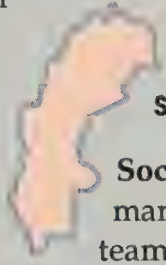
Superstar Diego Maradona is one of the world's best players. He scored the winning goal in 1986 when Argentina won the championship game against West Germany.

cultures....The capital is Moscow.

SPAIN

Soccer Facts: Spain is a strong goal-scoring team, but its defense may not be as good....Spain feels it was unfairly left out when World Cup organizers made up their list of the six best teams in the finals.

The Country: The coast of Spain is a popular warm-weather vacation spot for Europeans, like Florida and California are for Americans....Many Central and South American countries are Spanish-speaking because they were colonies of Spain....The capital is Madrid.



SWEDEN

Soccer Facts: Like many World Cup teams, Sweden has a strong defense, but isn't as strong at scoring goals....Sweden has never won the World Cup, but it has made the finals every time but one.

The Country: Many Swedes moved to the United States in the 1800s, most to Minnesota and Wisconsin....Sweden and neighboring Norway are the home of the Nobel Prizes, which honor great achievements in science, literature, and peace-making....The capital is Stockholm.

WEST GERMANY

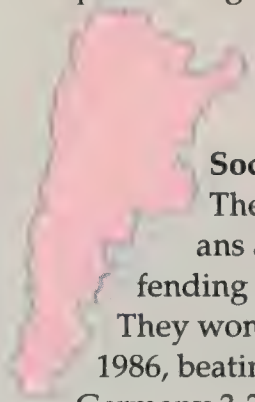
Soccer Facts: The Germans have a deep team and are among the favorites to win the World Cup....West Germany lost in the finals of the last two World Cups.

The Country: Germany was divided into two nations after it was defeated in World War II, and now the process of reuniting the divided nation is underway....West Germany is one of the most prosperous democratic nations in Europe....The capital is Bonn.

YUGOSLAVIA

Soccer Facts: Yugoslavia's team has a good mix of veterans and younger players....Dragan Stojkovic is one of Europe's top players.

The Country: The Yugoslavian beaches on the Adriatic Sea are a hot vacation area for people in Europe....If you think learning one language is hard, think about this — Yugoslavia has three official languages!...The capital is Belgrade.



ARGENTINA

Soccer Facts: The Argentineans are the defending champions. They won the Cup in 1986, beating West Germany 3-2 in the final

The Colosseum in Rome is still standing after 1,900 years! It was built to seat 50,000 people.

THE IMAGE BANK

Brian Bliss (in white) and the U.S. team will get at least three chances to show the world that Americans can play soccer with the best teams.

JON VAN WOERDEN

game....Many people think Argentina's Diego Maradona is the best player in the world.

The Country: Argentina's vast plains, called the pampas, are the home of the gauchos, South America's version of cowboys....The capital is Buenos Aires.

BRAZIL

Soccer Facts: Brazil is one of the favorites to win the World Cup....Brazil is the only nation that has made it to the final round in all 14 World Cup tournaments (counting this one). They've won the cup three times, the most by any country (along with Italy).

The Country: Brazil is the home of Pele, who may be the greatest soccer player ever; he's retired now....Unlike most of the people in South America, Brazilians speak Portuguese, not Spanish....The capital is Brasilia.

COLOMBIA

Soccer Facts: This team features one of the top goalkeepers in the finals, Rene Higuita....This is Colombia's second trip to the finals.

The Country: Soccer is so popular in Colombia that making the World Cup field was voted the number one news event of the year in a newspaper poll....The capital is Bogota.

COSTA RICA

Soccer Facts: The Costa Ricans were the only team to beat the United States in the last qualifying round....This is the first time Costa Rica has made it to the finals.

The Country: Costa Rica is a small country in Central America, located between Nicaragua and Panama.... The capital is San Jose.

UNITED STATES

Soccer Facts: It's been 40 years since the U.S. team played its

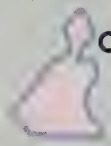
way into the finals....The United States did pretty well in the very first World Cup in 1930, making it to the semifinals....Going that far this year would be a shocker.

The Country: The United States is one of the few nations in the World Cup finals where soccer isn't the national pastime. Soccer's popularity is growing fast in the United States. One reason why is because so many kids play soccer!...Our capital is Washington, D.C.

URUGUAY

Soccer Facts: The Uruguayan team has a "bad boy" image because of its rough style of play.....Uruguay won the first World Cup in 1930.

The Country: Almost half of the people in Uruguay live in Montevideo, the capital. Even though it's in South America, Montevideo has a very European flavor, thanks to the many Europeans who have moved there.



CAMEROON

Soccer Facts: Cameroon is not considered one of the strongest teams, but it has a reputation as a tough opponent....In Cameroon's first trip to the finals they didn't lose a game — but they didn't win any, either. They tied all three games, so they didn't make the second round.

The Country: If you love chocolate, think of Cameroon the next time you have some. This nation's chief export is cacao beans, which are made into chocolate....The capital is Yaounde.

BOB THOMAS SPORTS PHOTOGRAPHY

This is a familiar scene for fans of the Netherlands' team: Marco van Basten celebrates a goal. He's one of the top goal-scorers in Europe.

EGYPT

Soccer Facts: The Egyptians are known as a strong defensive team....This is only the second time Egypt has played in the finals.

The Country: Egypt's most famous landmarks are the huge pyramids, originally built as tombs for the Egyptian kings, who were called pharaohs....The capital is Cairo.

SOUTH KOREA

Soccer Facts: The South Koreans come in with a lot of confidence after dominating the Asian group in qualifying....South Korea's Kim Joo-sung is the one of the best players in Asia.

The Country: Korea was ruled by China for centuries, and then by Japan. After World War II, South Korea was divided from North Korea and became an independent nation....The most recent Summer Olympics were held in Seoul, the capital, in 1988.

UNITED ARAB EMIRATES

Soccer Facts: The tiny UAE is one of the biggest surprises in the field. There were only 500 soccer players in the whole country to choose a team from!...The UAE is making its first trip to the World Cup finals.

The Country: This is a small desert nation on the Persian Gulf. It was formed in 1971 as a union of seven tiny countries....The capital is Abu Dhabi.

RAD

HOT!

RIDING THE WIND AND WAVES

If you're heading for the beach or a lake this summer, you may find yourself in the right spot to learn one of raddest sports since surfing. It's a combination of surfing and sailing that goes by two names — windsurfing and boardsailing.

Whichever name you call it, it has the thrills of surfing and one great advantage of sailing: You can do it on the ocean or on a lake.

"All you need is wind and water," said Charles Dasher, a certified windsurfing teacher. Dasher used to operate a windsurfing school. Now he works for *Windrider*, a magazine that covers the sport. He gave *Game Player's Sports For Kids* some tips on getting started.

There are two keys for any beginner. The first is that you have to know how to swim. If you aren't a good swimmer, don't start dreaming about windsurfing until you are.

The second is to take lessons. "Probably the most important thing is to go to a place where you can take a lesson from a certified instructor," Dasher said. "If you ever hear somebody talk about how hard it was to learn, they probably didn't take a lesson."

Most popular

ALL PHOTOGRAPHY BY FOCUS ON SPORTS

Radical moves are the name of the game for these windsurfers. But going airborne comes only after a lot of learning and practice.

RAD HOT!

windsurfing areas have shops that offer lessons and rent boards.

The great news about windsurfing is that a good instructor can teach you the basics in just one day, Dasher said. The basics are getting the sail upright, out of the water; turning the board; and actually sailing it. Radical moves take longer to learn, but after one day you can be out on the water.

"Kids learn pretty quick if they pay attention," Dasher said.

His tips on learning include using the right equipment (smaller boards are available for kids), going out early in the day when winds aren't so strong, and trying it in a protected area with flat water rather than out on the open water.

The Great Lakes and many lakes in Minnesota, Kansas, and other states in the Midwest are good places to find people windsurfing.

If you're heading for one of the coasts, there are lots of places you can try. Corpus Christi, Texas, is one of the hottest areas for windsurfing, Dasher says. "They're getting ready to open up the windsurfing hall of fame there.

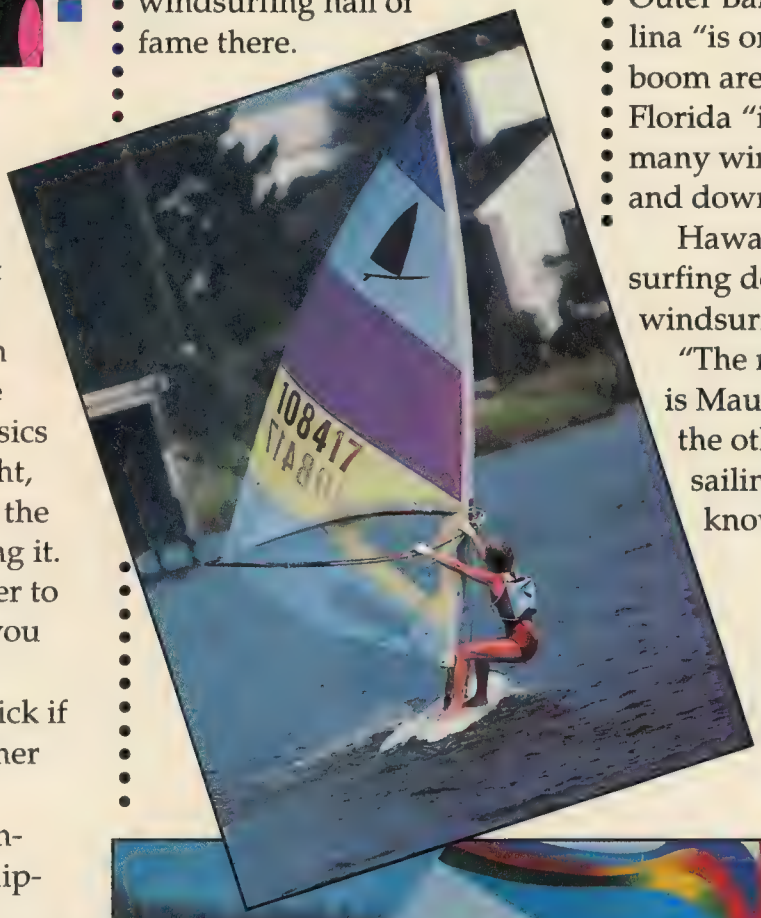
"The premier high-performance boardsailing spot in the summertime is in Oregon," he said. That area, the Columbia River Gorge, is near the city of Hood River.

On the East Coast, the Outer Banks of North Carolina "is one of the biggest boom areas in the sport," and Florida "is wonderful," with many windsurfing areas up and down both coasts.

Hawaii is the ultimate surfing destination, and it's a windsurfing paradise, too.

"The most popular island is Maui," Dasher said. "All the other islands have sailing, but Maui is known as the best."

GP

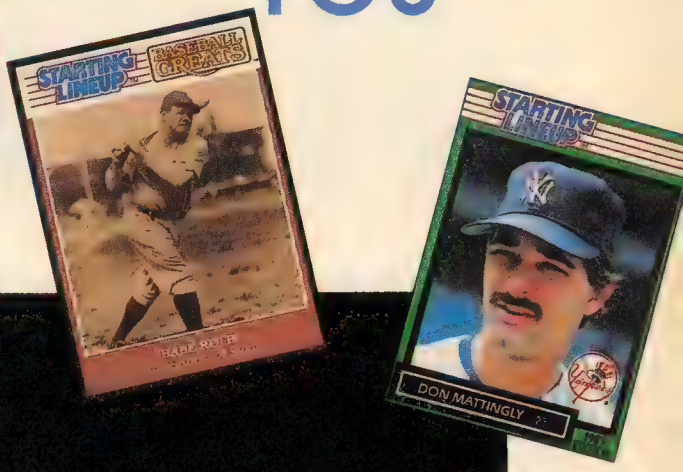


When you're getting started, look for a protected area with smooth water.

This windsurfer is so steady he brought a friend and his dog along.

RAD HOT!

TAKE YOUR FAVORITE PLAYERS HOME WITH YOU

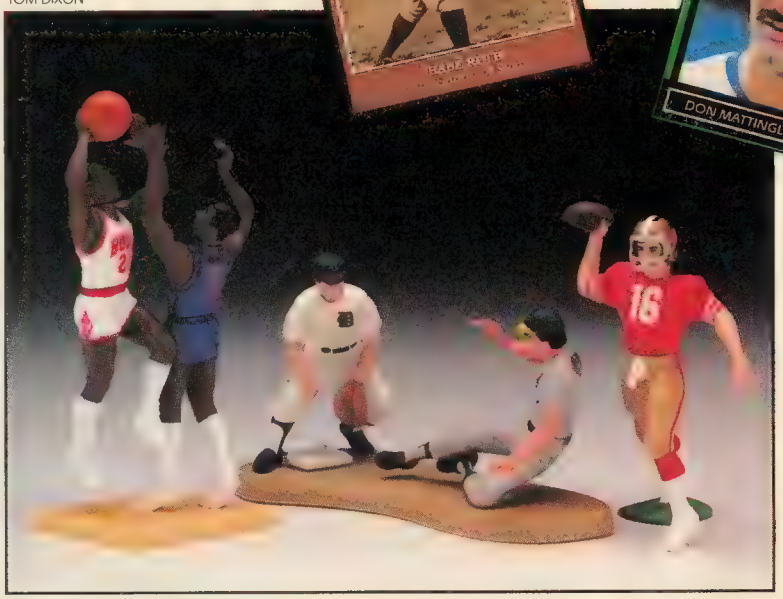


Collecting baseball cards has long been a favorite pastime for baseball fans of all ages. This has encouraged one toy company to make figurines that look like pro baseball, football, and basketball stars.

Kenner's Starting Lineup series includes "Baseball Greats" and "One-On-One." The "Baseball Greats" line features heroes and legends from the past. Each package includes two players in their old-time uniforms doing what they did best.

"One-On-One" figurines pair some of today's greatest players against each other in dramatic confrontations. The collection includes combinations like Jose Canseco of the Oakland A's trying to steal second under the tag of Detroit's Alan Trammell and Howie Long of the Los Angeles Raiders breathing down the neck of Denver Bronco quarterback John Elway.

TOM DIXON



In the "One-on-One" collection, your favorite players square off against each other in plays "too close to call." Single figures are also available.

For die-hard fans, there is the "Team Lineup" series. These assortments have nine players from each top Major League Baseball team.

If your favorite player isn't available, you shouldn't have long to wait. Kenner promises to continue adding famous names to its roster.

GP

RAD

HOT!

THE ULTIMATE SPORT

Take the passing and scoring of football, add the defenses used in basketball, toss in the nonstop action of soccer, and you might wind up with the ultimate sport. In fact, use a flying disk, like a Frisbee, and it is Ultimate.

Ultimate, as it is called, is a fast-moving team sport that allows each player to act as quarterback, receiver, and defender. That means everyone can get involved.

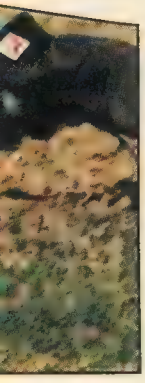
The object of the game is to pass a Frisbee from teammate to teammate until a pass

ALL PHOTOGRAPHY BY MARY MEEKER

Ultimate is a combination of soccer, basketball, and football played with a flying disc.

Airborne! But too late.

is caught in the end zone for a score, which is worth one point. Running with the Frisbee isn't allowed. Players have to stop running after making a catch and before making another throw, similar to basketball after a player stops dribbling. (A basketball player must then shoot or make a pass without moving the pivot foot.)



In Ultimate, while the thrower gets set, teammates should be cutting back and forth. Receivers sometimes run set patterns, just like receivers in football. Unlike football, however, throws in Ultimate can be made in any direction since there is no "line of scrimmage."

On defense, players are not allowed to tackle or intentionally bump opponents. Instead, defenders try to force a turnover by guarding man-to-man, or by playing a zone defense. Turnovers occur when a pass is not completed, when the Frisbee is caught by an opposing player, or when it is caught out-of-bounds.

Using a Frisbee, rather than a ball, adds a unique dimension to Ultimate. Frisbees can be thrown so that they curve, float, rise, or sink, so the action is much more varied than in football. Throwers can choose how they want to pass to a teammate, which makes every thrower a quarterback.

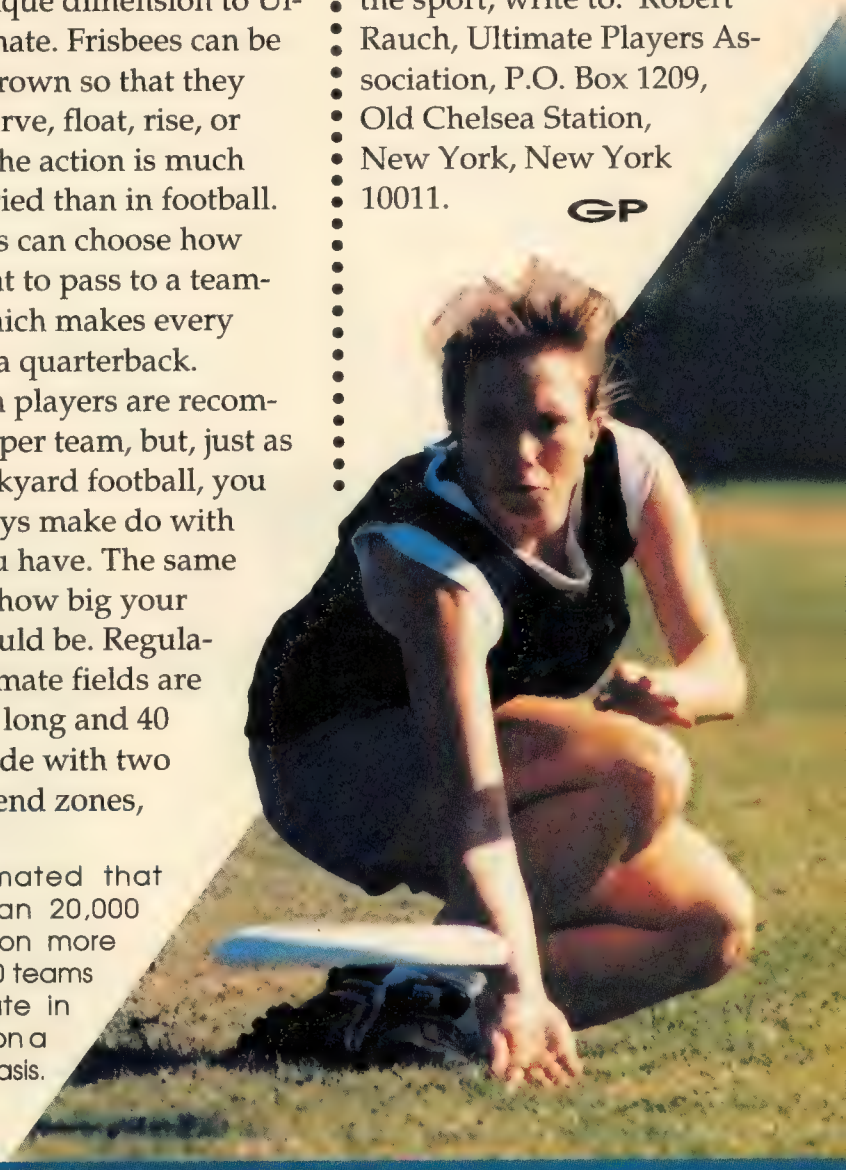
Seven players are recommended per team, but, just as with backyard football, you can always make do with what you have. The same goes for how big your field should be. Regulation Ultimate fields are 70 yards long and 40 yards wide with two 25-yard end zones, but any field or playground should do.

Ultimate was invented by students at Columbia High School in Maplewood, New Jersey. They wanted to combine the fun of playing with a Frisbee with the challenges of team sports.

Those high schoolers couldn't have known that what they were doing in Columbia's parking lot back in the early 1970s would become a very popular pastime throughout the United States.

For more information on the sport, write to: Robert Rauch, Ultimate Players Association, P.O. Box 1209, Old Chelsea Station, New York, New York 10011.

GP



It's estimated that more than 20,000 athletes on more than 1500 teams participate in Ultimate on a regular basis.

PACE SETTERS

SOCCER'S DREAM TEAM

They have a 95-game unbeaten streak and have won eight of the last nine national championships. In 11 years they have outscored opponents 606 to 33. And they have never lost a home game.

Yet members of the women's soccer team at the University of North Carolina at Chapel Hill say there is something more important than all their victories — their friendships.

"A lot of the players wouldn't be able to tell you the number of games [in our streak]," said Tracey Bates, a senior midfielder. "It is great to be successful, but it's the team and relationships that are special."

Senior midfielder Shannon Higgins agreed, "We're like a bunch of best friends."

These friendships off the field have helped the team be successful on the field.

"Everyone is always giving a lot of support... We go out and fight for each other; that makes the team," Shannon said.

Coach Anson Dorrance said the players' closeness helps them perform well together on the field. As friends, if someone to your left or right is not playing their best, you cover for them, he said. That kind of teamwork is hard to find in competitive players.

Shannon, who scored the winning goals in the 1987, 1988, and 1989 national championships, said she doesn't think a team can play at a high level if the players are not united.

The Tar Heels are definitely united. Tracey said everyone on the team has com-

In 11 seasons North Carolina has won 206 games, tied 7, and lost only 8. They beat their archrival, North Carolina State, 4-1, to win the 1988 NCAA championship.

ALL PHOTOGRAPHY BY SCOTT SHARPE

The hardworking team aims for a perfect game every time.

"Everyone wants to beat us. They have nothing to lose because they aren't expected to win," said goalie Lori Walker.

One of UNC's top players, midfielder Shannon Higgins won the 1989 Hermann Award, college soccer's highest.

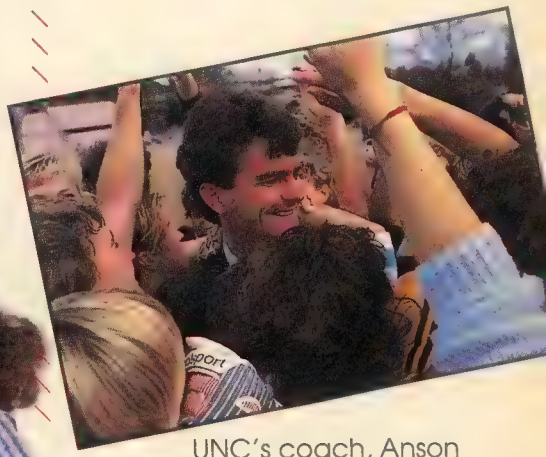
mon goals. One of those goals is playing excellent soccer. But after playing 95 games without losing, what is left to achieve?

"You are not really competing against anything attainable," Dorrance said. "You are competing against the perfect game — perfect passing, perfect trapping, perfect heading, shooting, dribbling. We can always strive towards it because we never reach it."

After all that practice, how does this nearly perfect team get psyched for a game?

"The thought of winning never enters your head," explained goalie Lori Walker. "We work so hard, it would be incredible for another team to beat us."

Lori said the games are like icing on a cake. "We work hard and when we go out we want to show off, not so much worry about winning or losing." GP



UNC's coach, Anson Dorrance, also coaches the U.S. Women's National Team. The players say he is the best.

The Tar Heels celebrate their 1989 NCAA Championship win against Colorado College, their fourth championship in a row.

PRO TIPS

DALE MURPHY: THROWING THE BALL THE RIGHT WAY

BILL ZACK

Dale Murphy was very nervous when he walked to the pitching mound in his first Little League game. He was eight years old. He wound up, threw the ball, and hit the first batter!

"It wasn't a very good start," Dale said. "I never felt so bad in my life."

Now Dale plays baseball for the Atlanta Braves. He's been the National League's Most Valuable Player twice and is a seven-time all-star.

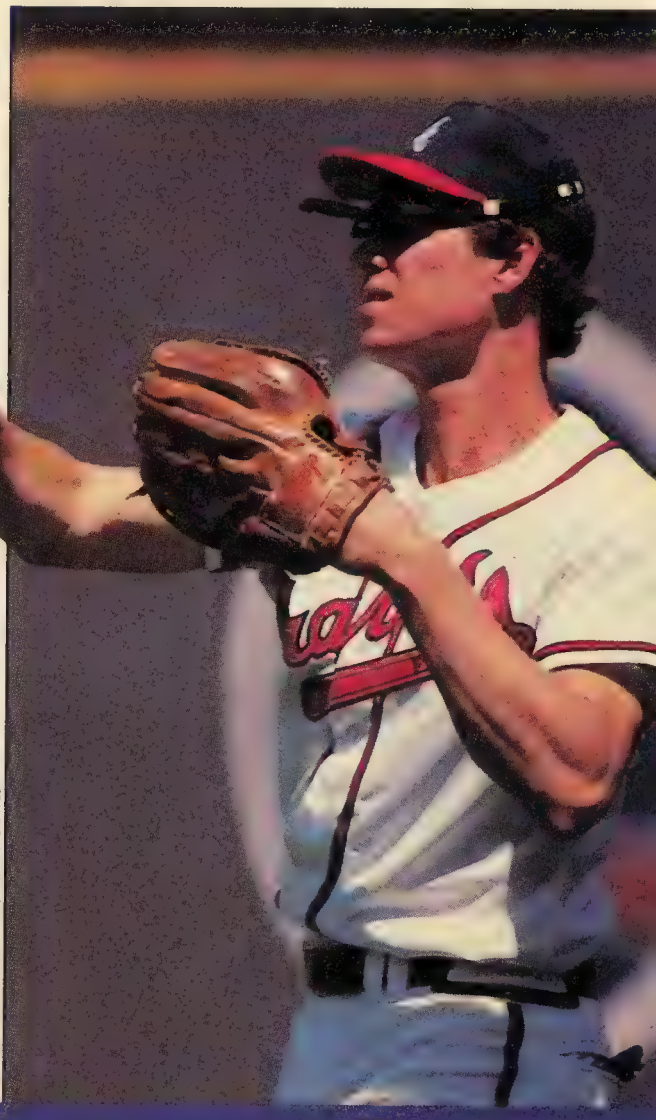
Dale plays right field, a position that requires long, accurate throws. He practices throwing every day to increase his accuracy and strengthen his arm.

Being able to throw the baseball accurately is important for players at every position. And every player needs to be able to make strong throws.

Dale talked to *Game Player's Sports For Kids* during spring training in Florida and offered these tips on throwing a baseball:

• The most important thing to remember in making a good throw is getting your body into good throwing position.

"That means getting your hips and your shoulders pointed toward your target," Dale said. "Make sure



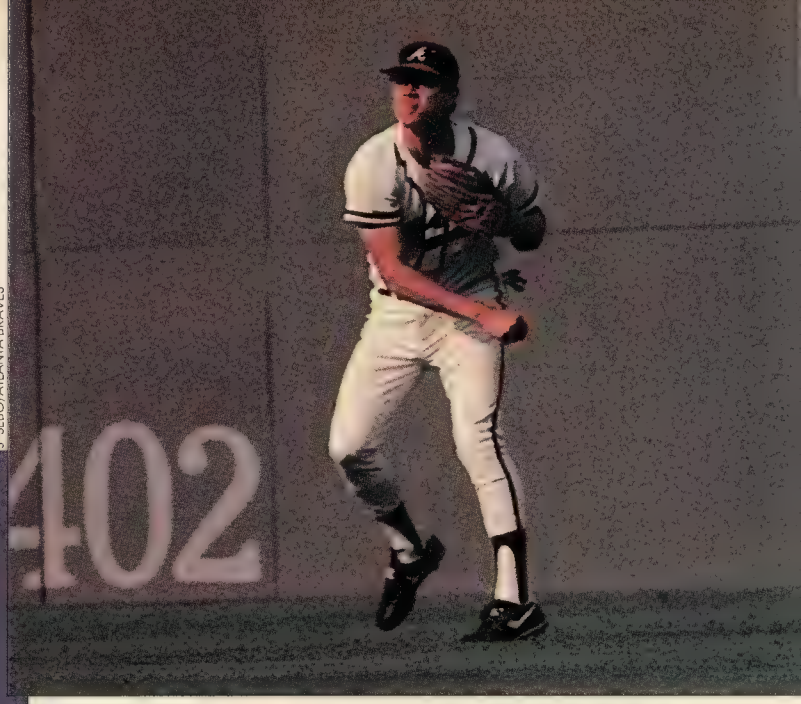
J. SEBO/ATLANTA BRAVES

Before you throw hard, warm up by playing catch.

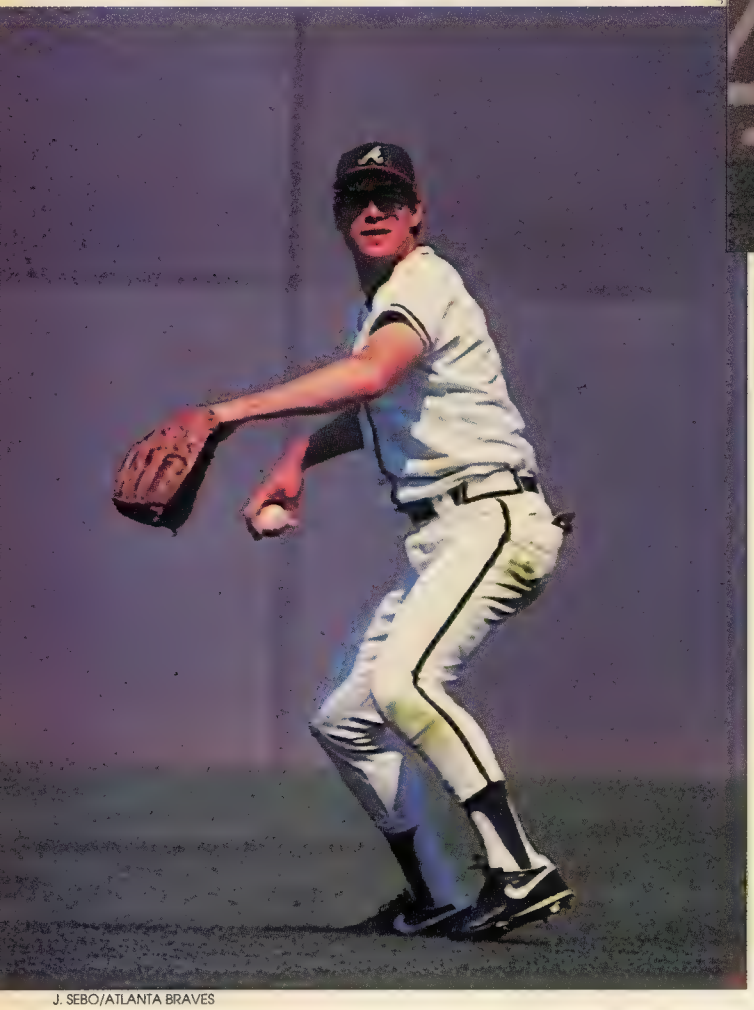
THE ANSWERS YOU NEED

FILL OUT AND MAIL IN THE SUBSCRIPTION CARD TODAY

PRO TIPS



J. SEBO/ATLANTA BRAVES



J. SEBO/ATLANTA BRAVES

Always follow through when you throw. If you stop suddenly, you could hurt your arm or shoulder.

To get into good throwing position, point your shoulder and hip toward your target.

you take good aim with your shoulder."

• Practice throwing the ball with an overhand delivery, not sidearm or three-quarters. Throwing overhand will improve your control.

• Take a step or two when you throw, so your body is moving toward your target.

"Don't throw flat-footed," Dale said. "Make sure you have a little momentum."

• Grip the baseball across the seams when you throw it. That helps keep the throw from curving.

• Remember to allow your arm to continue across your body after releasing the ball.

"A proper follow through is important for a number of reasons. It helps your arm absorb some of the shock of throwing. Don't try and stop your arm abruptly because you can injure your arm or shoulder."

• Dale said a common problem for girls is throwing without fully extending the arm. "That phrase 'throwing like a girl' comes from leading your elbow ahead of the ball, which you don't want to do.

"Work on bringing your arm up over your head and keep your wrist on top of the ball."

• Warm up by playing catch before you begin to throw hard.

"When you're younger, warming up may not seem important, but it is," Dale said. "You need to loosen up your shoulder and elbow joints. Remember, throwing is an unnatural motion for your arm. To take care of your

arm, warm up for at least ten minutes before you start any hard throwing. Also, try and stretch your arm muscles slowly by throwing long distances. That will help strengthen your arm."

• Whether you play the infield or outfield, the best way to improve your throwing is to practice. "There's no substitute for playing catch or throwing to a target."

Dale suggests playing a game he played as a kid. "Get a tennis ball and throw it against a wall or a garage door. That's something all of us have done at one time or another. We used to draw a strike zone on a wall with some chalk and play games with a hitter and try to strike him out."

DALE'S TIPS

1. Get your body into good position.
2. Throw overhand.
3. Step toward your target as you throw.
4. Grip the ball across the seams.
5. Follow through; don't stop your arm abruptly.
6. Don't extend your elbow ahead of your hand.
7. Warm up before you throw hard.
8. Practice. GP

Dale is one of the National League's top outfielders. He's won the Gold Glove award five times.

BRYAN YABLONSKY

A GUIDE TO THE MARTIAL ARTS

FOCUS ON SPORTS

BRIAN CARROLL

You've seen them in movies: flying through the air, doing a few flips, and landing with their foot in some bad guy's face. What you see looks real, but what you don't see are the trampolines, camera tricks, and stunt men behind the scenes.

Movies are just entertainment. But real judo and karate and other martial arts are more serious and, in many ways, more interesting.

"I enjoy a good Chuck Norris movie as much as anyone, but that's make-believe," said William Durbin, a black-belt instructor in kempo karate. "In real life, people who fight go to jail and often to the hospital."

Dominic Antonelli, a 14-year-old black belt in kenpo karate (a variation of kempo karate) from San Francisco, California, said the movies are too simple. "In *The Karate Kid*, the kid learned all his moves in three months. It's taken me more than four years to get my black belt."

Unlike in the movies, real martial artists are not bullies or show-offs. Most are peaceful, dedicated, and self-disciplined. They work very hard at what they do, and they don't do double somersaults when a simple sidekick will do. And they don't pick fights.

"The first rule in the true martial arts is to avoid trouble," said Durbin, who owns a kempo karate school in Frankfort, Kentucky. "Only when someone has physically attacked you do you act, and then you use only the least amount of force required."

Neither Antonelli nor Becky Cobb, a 12-year-old with nine Florida state titles in judo, has ever been involved in a fight. "It's not worth my time," said Cobb, a four-time national champion. "I fight twice a week in class already."

The bullies and the tough guys never last in the martial arts, says Mike Cobb, Becky's father and a black belt in jujitsu, kendo, judo, and karate. "There is always someone tougher," he said, "and often that tougher someone is a female."

Why get involved? What's the point?

Antonelli says the idea is to become physically fit and mentally aware through discipline and self-control. "It's much more than self-defense. It's learning how to concentrate, which is something that has helped me at school."

His mother, Eleanor Antonelli, agrees. "Because Dominic has

learned how to concentrate, his grades are up. In karate, you always have to be thinking, you always have to be aware, which has helped Dominic in all areas of his life."

Durbin explains it this way. "I try to teach my students to see the world around them more fully." He said doing this "allows our martial artists to appreciate the beauty of the world and to see potential dangers as they develop."

Bill Grossman, Antonelli's instructor in kenpo karate, says he wants his students to learn how to set goals and then follow through. "That's a lesson that helps you throughout your life in whatever you do."

Because of the training, you don't even think of picking a fight, said Mike Cobb, an instructor in judo and kendo. "You know you can defend yourself, so there's no point in proving it," he said. "You become a 'fight snob,' because [fighting] just isn't worth your time."

Generally, however, martial artists aren't snobbish or self-centered. "The more you learn, the more you understand how much you don't know," said Grossman, who owns a kenpo karate school in San Francisco. Earning your black belt means that you've entered "the first grade" in the martial arts. "You've merely proven that you are serious about your art," he said.

VANDYSTADT/ALLSPORT

Karate is the most commonly practiced martial art and uses a wide range of styles, techniques, and weapons. Unlike judo or aikido, karate is a hard combat style — there are no throws and no grappling. Kicks, punches, kata, and weapons training are all important in karate.

VANDYSTADT/ALLSPORT

WHERE DID THE MARTIAL ARTS COME FROM?

It is believed that Buddhist monks from India brought early martial arts styles to the Far East, which includes China and Japan, more than 2,000 years ago. The styles continue to develop today.

Most of the styles involve a great deal of training in planned sequences of moves that include blocks, punches, and kicks. These routines are called "kata," or "forms." So learning a martial art is much more than being taught how to defend yourself. First you must learn how to control the movements of each part of your body.

There are several types of martial arts. Aikido and hapkido are good examples of styles that focus solely on defensive moves. While all martial arts include some teaching in self-defense, not all are purely defensive. Taekwondo and karate are good examples of styles that stress both attacking techniques and defensive moves. Still other styles are primarily for sport and physical fitness, like judo and kendo.

With all of the differences among martial arts styles, you can see how important it is to decide what you want to get out of your lessons before you sign up for them.

JANE HALLANDER

TIM DAVIS/DUOMO

Hapkido was founded by a Korean martial arts master who added the kicks of karate to aikido. Hapkido is a style described as "the water principle" because of its constant flow of action. As with aikido, the idea of using an attacker's force is important in hapkido. However, students of hapkido are taught to use aggressive, "hard" techniques, such as kicks and punches, to take advantage of openings in an opponent's defense.

TIM DAVIS/DUOMO

Judo has been around for more than 100 years and has been an Olympic sport for more than 25 years. Though it began as a martial art, judo has evolved almost completely into a sport. As with aikido, judo emphasizes turning an opponent's own force against him, which is done almost entirely with throws. Its closest relative in sports is wrestling. If you're interested in martial arts as sport, you should be sure to check out judo.

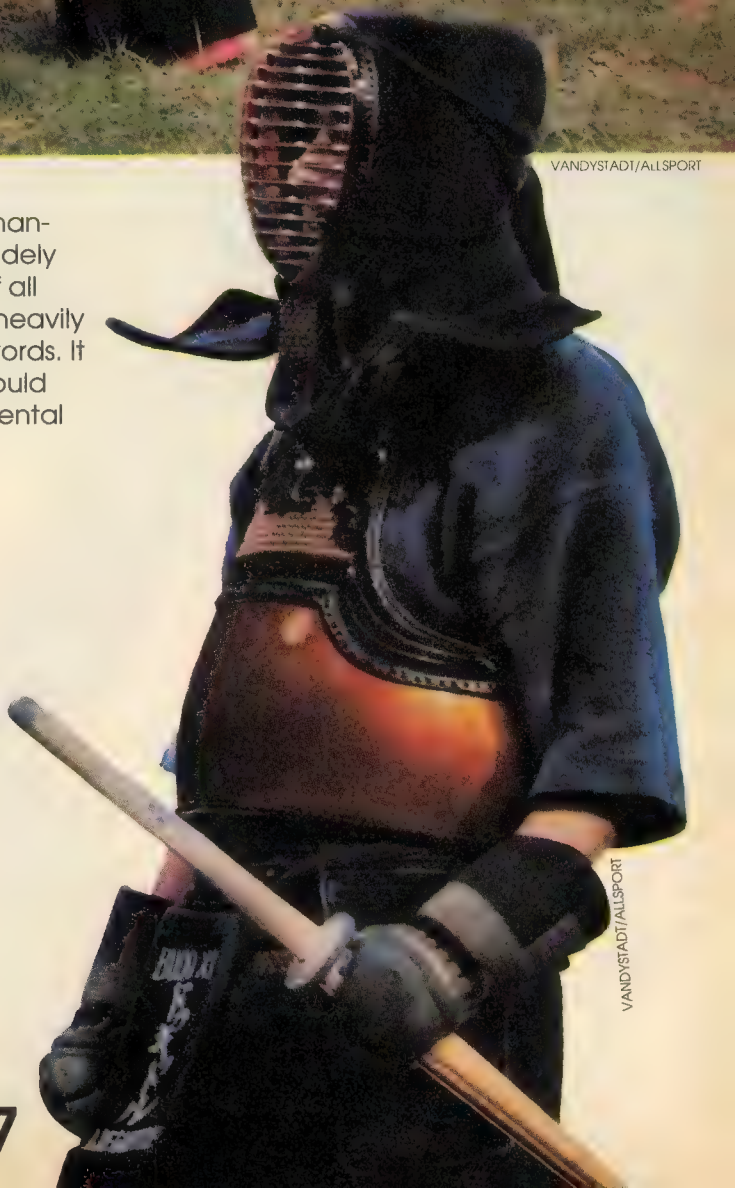
JANE HALLANDER

Tai chi originated in China and uses slow, circular movements. Self-defense is of secondary importance. Tai chi's emphasis is on exercise, balance, meditation, and controlled breathing. Like aikido, tai chi is concerned with turning the force of an attacker against him, not overpowering him. Because all the moves are in slow motion, this style isn't as tiring as most others. This makes it perfect for those who haven't been that physically active.

JANE HALLANDER

VANDYSTADT/ALLSPORT

Kendo is a form of kenjutsu, which means "the art of samurai swordsmanship." It is still extremely popular and widely practiced in Japan by martial artists of all ages. Kendo players wear masks and heavily padded uniforms and use bamboo swords. It can look much like fencing. This art should be considered for sport, fitness, and mental discipline rather than for self-defense.



VANDYSTADT/ALLSPORT

Ninjutsu, which means "the art of stealth," was practiced in feudal Japan by a society of mercenaries who were expertly trained in the martial arts. These mercenaries, known today as ninja, were hired to carry out missions of spying, sabotage, and assassination. Few ninja practice the art today. In fact, ninja are to Japan today what cowboys are to the United States.

JANE HALLANDER

Kung fu is a very broad category that includes literally hundreds of martial arts styles. Many styles imitate the movements of animals, such as the tiger, the snake, and the monkey. Some styles emphasize self-defense, while others stress health and fitness. Because kung fu is so acrobatic, those interested in self-defense should probably cross it off the list of possibilities. Kung fu is for people who might like participating in kata tournaments, where people compete in choreographed sequences of punches, kicks, blocks, and stances.

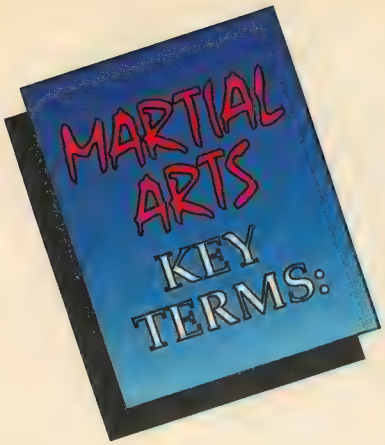
Aikido is a Japanese martial art founded in 1942. It stresses defensive throws, where you make use of your opponent's moves rather than trying to overpower him. For example, if your attacker is coming at you, the idea is to pull him so that his force carries him past you. If he is pulling you, then you push him so that your force is combined with his and then turned against him. Because aikido is a non-aggressive, defensive martial art, it is a perfect example of what is called a "soft" style.

Jujitsu, or the "gentle art," relies heavily on flexibility because its techniques are based on throws and joint locks, which are moves used to put pressure on a person's joints. The art combines judo, aikido, and karate. Jujitsu's beginnings can be traced back to 17th-century Japan. If self-defense and fitness are priorities, then jujitsu is a style to consider.

Kempo involves everything in martial arts: the throws, chokes, and joint locks of aikido and judo along with the blocks, punches, and kicks associated with karate. Students interested in the complete range of martial arts techniques, both defensive and offensive, hard and soft, should consider kempo or its offspring, kenpo.

Kenpo is a variation of kempo and uses most of the same techniques as kempo.

JANE HALLANDER



Dan: degree of black belt; for example, a first-degree black belt in a Japanese martial art would be "shodan."

Dojo: room or facility in which the martial arts are practiced.

Hard styles: martial arts, such as taekwondo, that stress power and strength. Hard style moves include punches, kicks, and strikes.

Joint locks: techniques used to apply pressure on a person's joints in order to gain control of the person.

Kata: dance-like sequences of punches, blocks, stances, and kicks.

Obi: belt in Japanese.

Sensei: Japanese for teacher; it's used to address martial arts instructors.

Soft styles: martial arts, such as aikido, that stress slow, circular movements rather than kicks, punches, and strikes. Soft styles teach students how to make use of an opponent's moves rather than trying to overpower him.

AL TIELEMANS/DUOMO

PAUL J. SUTTON/DUOMO

Taekwondo, a Korean art, is known for its aggressive and powerful kicks. Taekwondo is basically the same as karate. Besides kicks, it employs punches, blocks, chokes, and chops. Taekwondo is a prime example of "hard" style karate because the objective is to overpower opponents. It is perfect for shorter people because legs can reach farther than your arms. Taekwondo's emphasis on kicks helps you maintain a safe distance from your attacker.

CHOOSING A MARTIAL ARTS SCHOOL

If you've decided to take some lessons in the martial arts, what do you do next?

If you were going to buy a pair of shoes, chances are you would try a few on and walk around the store first. The same rule applies in choosing a martial arts school.

"After you make a list of the schools you want to check out, start visiting them and observe their instructors," advised Bill Grossman, a black belt in kenpo karate and owner of a school in San Francisco. "Take an introductory course and see if you're comfortable with the instructor."

The instructor is important not only because he will be teaching you, but also because a school will often take on the personality of its staff, according to Mike Cobb, a black-belt instructor in judo and kendo. "If an instructor is too rough, then that school is not for you," he said. "If anyone gets hurt, get out."

Being comfortable with your instructor is more important than his accomplishments. "It's possible to be an excellent instructor and not have won major national titles," said William Durbin, a black-belt instructor in kempo karate. "You don't need a Chuck Norris to teach you the martial arts."

Grossman advises finding out who taught the instructor, how long the instructor has studied his particular style, and how long he has been teaching. You don't want someone who taught himself the art in a year. Look for an experienced, dedicated teacher.

It also matters how long the school has been in operation. If a school has been around for several years, then it should be OK. Also ask how many students there are per instructor. Mike Cobb recommends no more than 20 stu-

Try before you buy. Most karate schools have introductory lesson packages.

dents per instructor. Learning one-on-one is ideal, but usually very expensive.

Money is also a factor in your decision. The average price of lessons throughout the United States is about $40 per month, although prices vary a great deal.

Also, ask how many classes are offered per week, how long each class runs, and what you would be learning. Grossman says he gives out brochures explaining what a student would learn to earn each belt.

The final question is one you must ask of yourself. What do you expect to get from the experience? Many kids who saw the movie *The Karate Kid* were inspired to get involved in the martial arts. Most have since quit. Martial arts take more effort, time, and commitment than most people realize.

Dominic Antonelli, a 14-year-old black belt in kempo karate, was one of those kids inspired by the movie. "The *'Karate Kid'* became an expert in two hours, and it just doesn't work that way," he said. "You have to really want it."

GP

Learning a martial art takes time, patience, endurance, and ...

... a lot of stretching.

Don't expect to do this your first week!

ALL PHOTOGRAPHY (c) DAVID MADISON 1990

TUMBLING INTO THE BIG TIME

LISA M. BOUCHEY

Kim scored 39.599 out of a possible 40 points to win the McDonald's American Cup title.

ALL PHOTOGRAPHY© DAVE BLACK 1990

A junior competitor just six months ago, 14-year-old Kim Zmeskal tumbled into the gymnastics spotlight with a nearly perfect performance in the 1990 McDonald's American Cup competition.

There are more famous championships in gymnastics, but over the past 15 years, the American Cup has been a springboard for some of the best gymnasts in the world.

Nadia Comaneci was 14 when she won the competition in 1976, on her way to seven perfect 10s and the all-around gold medal at the Montreal Olympics. Mary Lou Retton was 15 in 1983 when she won her first of three American Cup titles, and then went on to win the all-around gold medal at

the 1984 Los Angeles Olympics.

The American Cup is a two-day (weekend) event that features top gymnasts from more than 15 countries. Kim, the 1989 Junior National Champion, finished third in Saturday's competition, but led from start to finish on Sunday.

Kim went up against and beat some of the world's best to win the Cup, including the Soviet Union's Junior National Champion, Natalia Kalinina, and 1989 American Cup champion, Brandy Johnson.

Gymnastics can be a funny business. Some

Bela Karolyi, who coached Nadia and Mary Lou, has been Kim's coach since she started in gymnastics eight years ago.

competitors never get to the Olympics because they're too young for one Games and too old for the next. The peak age for female gymnasts is 16. Kim will turn 16 just in time for the 1992 Olympics in Barcelona, Spain.

But she's not thinking that far ahead. "I have to focus on my short-term goals before I can think about anything else," Kim said. "I don't know where I'm going to be standing in a couple of years."

No matter where she stands in the rankings, Kim says she'll stop competing if she stops enjoying it. She started in gymnastics when she was six years old — be-

Practicing six days a week, six or seven hours a day is tough, but you get used to it, Kim said. "You have to take a nap everyday to keep yourself going."

cause she thought it looked like fun.

The floor exercise is her best event, and her favorite. "There's not very much pressure going into it. There's nothing really to fall off of. You can fall out, but you can't fall off. You can just have fun, and the crowd usually helps you with it, too."

But you can't always depend on the crowd to keep you motivated. Kim said you have to "just do it for yourself if that's what you really want to do. It's a pretty hard sport, and if you're in it for someone else it's not going to work. You have to be in it with all your heart."

For now, Kim is

Kim may be following in the footsteps of her idol, Mary Lou Retton, who won three American Cup titles of her own.

"Mary Lou's my idol," Kim said. "She always has a lot of energy and she just looks like she's having fun."

putting all her heart, and just about all her time, into gymnastics. She practices six days a week, six or seven hours a day, and still finds time for four hours of classes at a private school. Kim is in the ninth grade at Northland Christian School in Houston, Texas. She attends class when she can and does a lot of her school work at home. She gets assignments from her teachers to take to meets and says she even has fun doing her *algebra* homework!

"This year, I'm competing for the first year

At 4'4" and 67 pounds, Kim received the top score awarded by the judges on every event in the American Cup finals.

as a senior and I want to try to do well and get to the Goodwill Games this summer," she said. "Then in '91 they have the World Championships in Indianapolis and then the Olympics in '92. After '92 I want to go back to regular high school and then go to college."

Will her win in the American Cup send her on her way to an Olympic gold medal? It's too early to tell, but she has two years to put herself in the minds of fans and judges as the girl to beat in '92.

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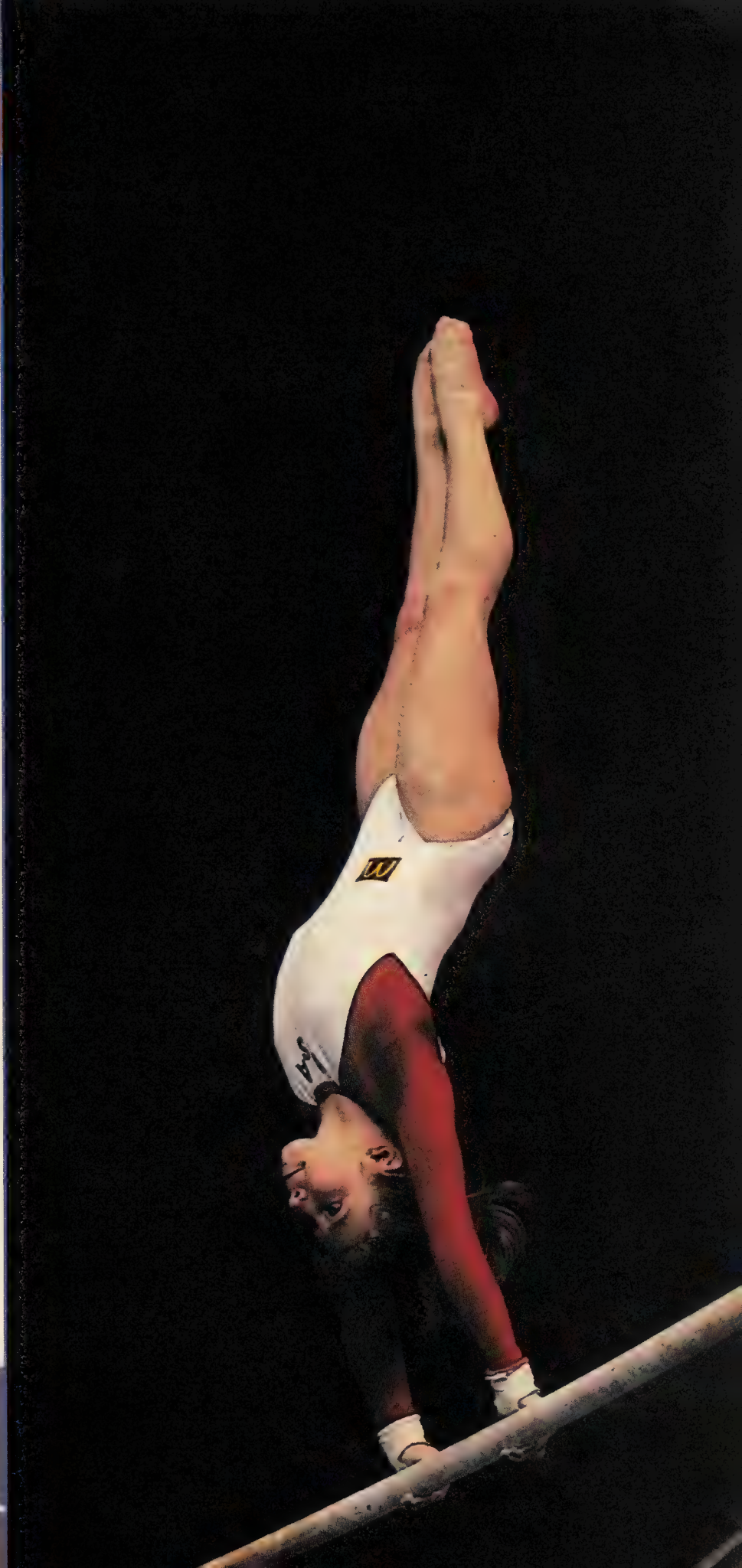


Teammates are an important part of Kim's routine. "I like having a teammate with me because it helps you," she said. "When you start doing a little bad or something, you have the other person to help you."

PERFECT TRAINING

Here's How Your Imagination Can Help You Become A Better Athlete

DAVID ARNEKE

Have you ever imagined being the hero in the seventh game of the World Series? Did you see yourself in the batter's box in the bottom of the ninth inning, swinging at the pitch and getting a solid base hit to score the winning run?

You were just daydreaming, right? But great athletes in many sports use the same kind of thinking to help them become better players. You can, too.

You just have to know how — simple daydreaming isn't enough — and you have to make it part of your overall training and practice plan.

Sports psychologists (scientists who study the connection between how we think and how we play) say you can put your imagination to work with a training method called *visualization.*

Visualization is like "dreaming while awake," says Richard Suinn, a sports psychologist at Colorado State University. You can't control a dream, but you can control your thoughts when you visualize.

"Kids are pretty good at it," sports psychologist Dan Gould told *Game Player's Sports For Kids.*

Here's how visualization works. We'll use hitting a baseball as an example, but it works the same in developing skills in any sport.

First, have your coach or a parent show you the right way to swing the bat. Get some practice and see how it feels to hit the ball the right way.

Later, when you have some quiet time for yourself,

relax and think of what you did when you swung the bat and hit the ball. Now you're ready to put your imagination to work.

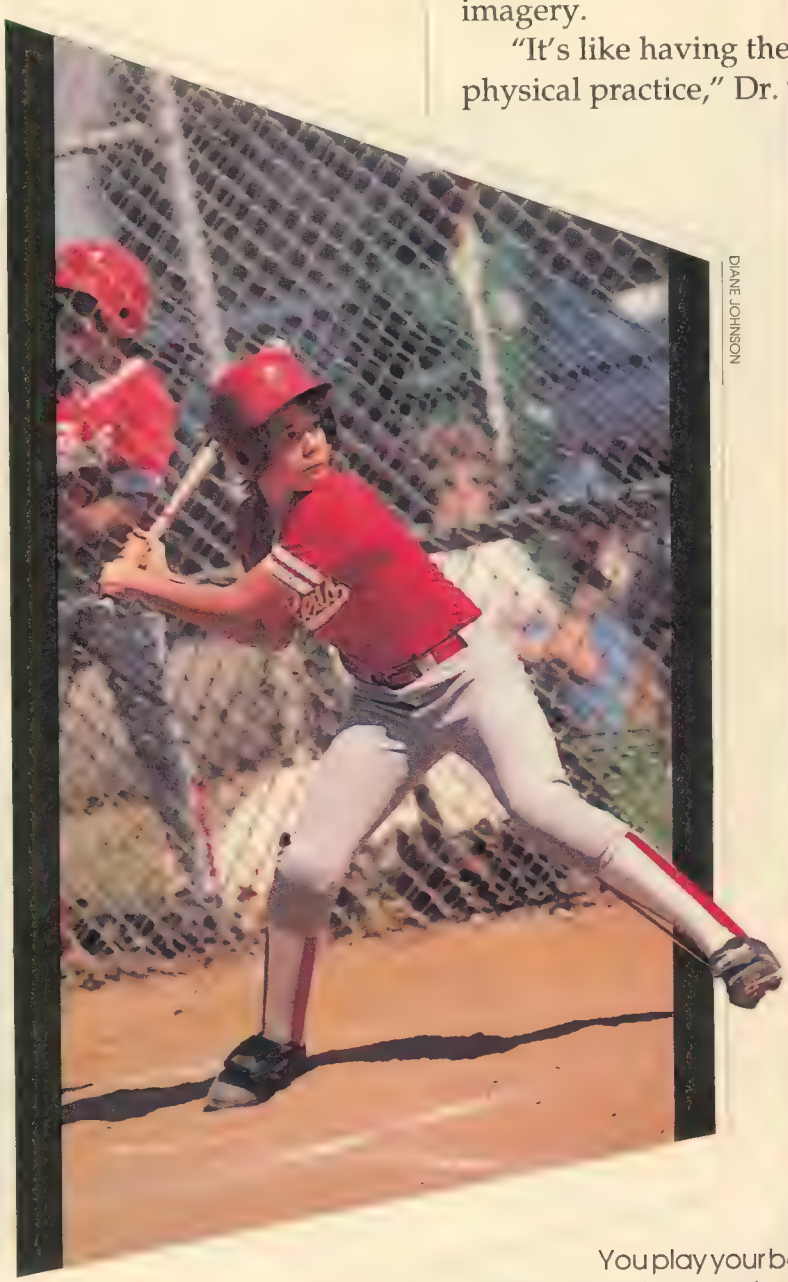
In your mind, picture yourself making a perfect swing and hitting the ball solidly. See it from the point of view you have in the batter's box. Concentrate on every part of your swing — your stance, how you hold your hands, swinging level, keeping your eye on the ball, your follow-through. Use all your senses to complete the image — feel the sun and the bat in your hands, hear the sounds of the game. Run it through your mind again and again, that image of your perfect swing hitting the ball and sending it flying.

Remember, you really have to relax and concentrate to get that whole picture clear and real in your mind. It may not be easy at first, but it comes with practice.

When you're up at the plate, the practice you've had in your mind will help your body perform the same way. It's like rehearsing for a play or before you give a report in class. The more you visualize a specific action, like swinging the bat, the stronger a pattern you get for your body to follow.

And it works! Lots of players in many different sports say visualization helps them perform better. Dr. Suinn says studies show that athletes in basketball, tennis, martial arts, and other sports have improved by mastering visualization, which is also called imagery.

"It's like having the perfect physical practice," Dr. Suinn



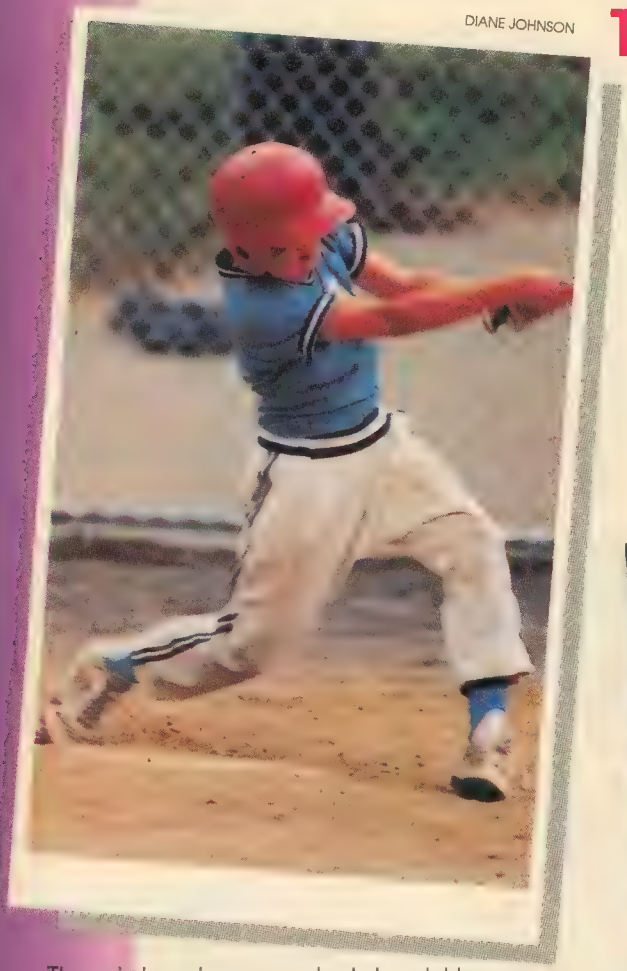
DIANE JOHNSON

You play your best when you relax and concentrate. Those are two keys to visualization, too.

PERFECT TRAINING

said. "In imagery you can actually have a perfect practice every time because you have such control over the imagery that you may not have yet

DIANE JOHNSON



The picture in your mind should be an image of you in action, in perfect form.

over your physical body."

To make visualization work, you have to keep practicing it. "Psychological skills are like physical skills. You have to practice them," Dr. Gould said.

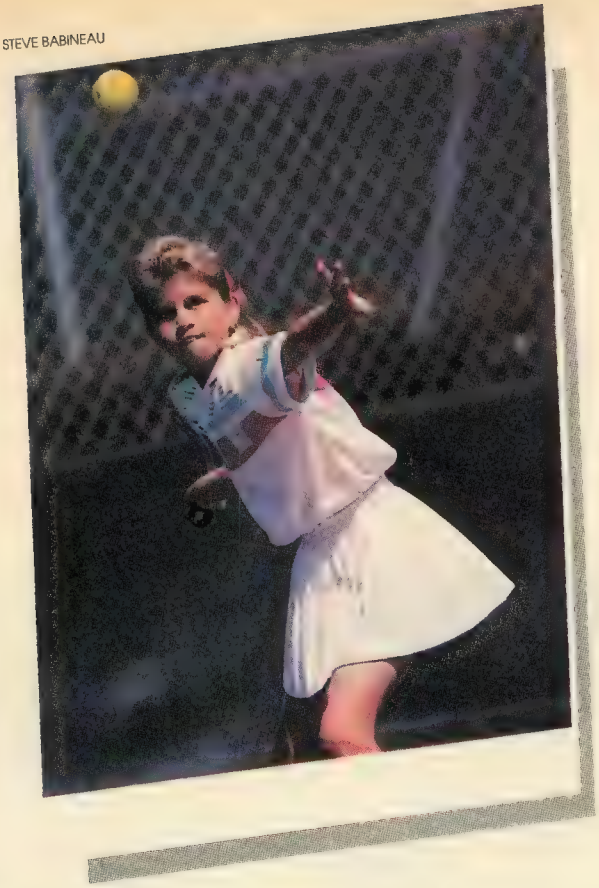
Try it in bed at night before you fall asleep, in the car or bus on your way to school — whenever you can relax and concentrate. When you become used to visualizing, you can do it before a game or during a break in the game, like when you're waiting in the on-deck circle.

As in any other type of training, you have to focus on the correct way to perform the skill you're working on. Suinn warns that if you concentrate on a wrong way to swing the bat, for example, that's what you'll learn. And visualize success; see yourself hitting the ball, not striking out!

DIANE JOHNSON

Visualization can help you develop skills in any sport.

STEVE BABINEAU



PICTURE PERFECT

Picture and feel yourself swinging perfectly and driving the ball. You can make that image the key to using visualization to become a better hitter.

"It works so well that you have to be very, very careful," he said. "Using imagery is so powerful that you not only can improve, you can make yourself worse."

That means your mental image has to focus on the proper form. And you need to follow it through — don't just visualize swinging the bat. See the bat drive the ball hard into the outfield.

Most importantly, no matter what sport you're training for, visualization only works when you make it part of your whole training effort. You still need instruction from your coach and practice on the field.

"Just using imagery alone won't assure that you'll be better," Dr. Suinn said.

But once you get the hang of it, visualization can give you a real edge in training.

"Once you develop pure control over the imagery, you're teaching your body: This is the right way," Dr. Suinn said. "It's like programming a computer. You're basically programming your body."

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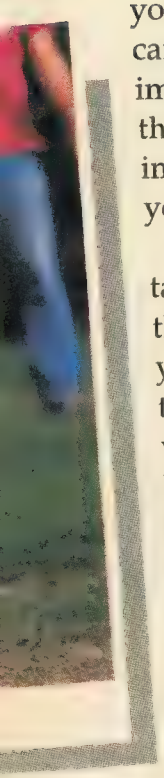


STEVE BABINEAU

The best way to improve is to practice and play. Visualization can help you get ready to play your best.

PICTURE PERFECT

TIPS FOR VISUALIZATION

Using visualization or imagery can help you become a better athlete. But it takes effort, and you have to do it the right way. Sports psychologist Dan Gould offers these tips on how to get the most out of your mind:

- Relax. Don't force it — let it happen.
- Concentrate. Put all your mental energy into it.
- Make the image as clear and real as you can.
- Use all your senses — seeing, hearing, and especially, feeling.
- Picture yourself playing successfully and having fun.
- Picture yourself succeeding in a pressure situation, the kind of situation you'll actually face in a game.
- Practice, practice, practice.

GP

DIANE JOHNSON

PICTURE PERFECT TRAINING

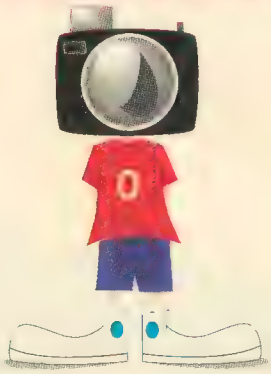
A VIDEO IN A BOOK

Combine a baseball card with a sports video and what do you get? It's a little picture book that shows you how to swing a baseball bat or kick a soccer ball.

The books are called "Flipp Tipps," and their publisher says they can help you with visualization.

The inventor of Flipp Tipps is a film director named Hoite Caston. He says the flip books can give you a picture of a perfect baseball swing, for example, to put in your mind to help you visualize how to swing the bat.

The 72-page books have a series of photos, one on each page, showing a player in action. The pictures are taken from films or videos. When you flip the pages, it's like watching a movie. They show Will Clark, Kevin Mitchell, or Mickey Mantle swinging the bat. You can look at their swings over and over, fast or slow. Other books show Brett Butler bunting and Nolan Ryan pitching. Another shows soccer great Pele kicking the ball.



In addition to the pictures, each page has a description of the action or a tip from the players on how to learn the skill they demonstrate.

But remember — just looking at the pictures won't make you a better ball player! First, you need instruction from your coach or parents, and then you have to practice. Visualization can help, but it can't replace coaching and playing.

Flipp Tipps' publisher expects the books to become collectors' items, like baseball cards. They plan to expand into football, basketball, and other sports, and even into some non-sports subjects. One of their next projects will be Michael Jackson doing the moonwalk!

GP

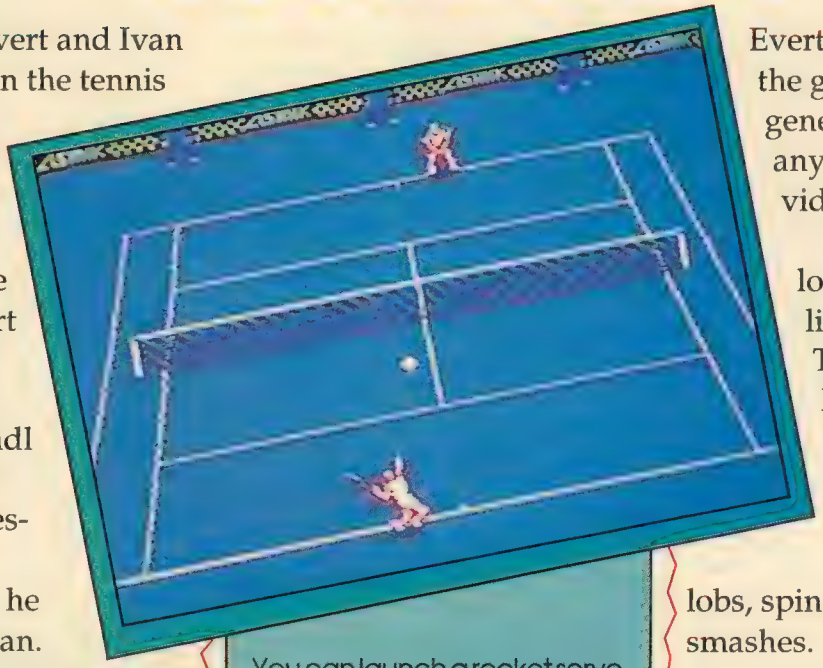
TOM DIXON

VIDEO GAMES

TENNIS ANYONE ?

Chris Evert and Ivan Lendl together on the tennis court? It's hard to imagine, considering how little the two players have in common. Evert is known for her grace and patience, while Lendl is known for his power and aggressiveness. She is American, while he is Czechoslovakian. About the only thing they have in common is that they have each enjoyed great tennis careers.

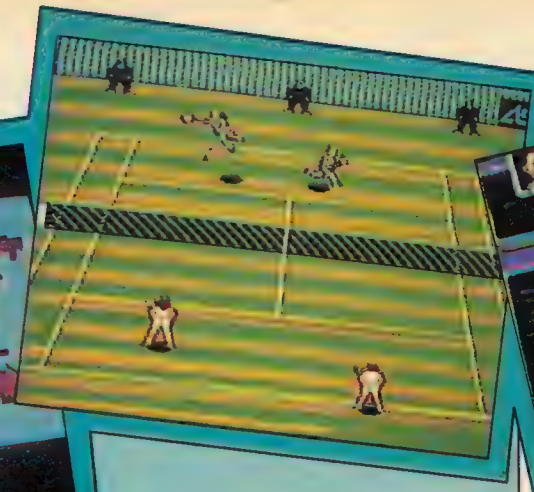
Now they share something else. They both appear in the videogame *Chris Evert & Ivan Lendl in Top Players' Tennis*. You can play as Evert or Lendl, or play beside one of them in a heated doubles match. The game is fun, but you do need to use your imagination. The characters don't look or play much like Evert or Lendl. However, the game's graphics in general are better than any previous tennis videogame.

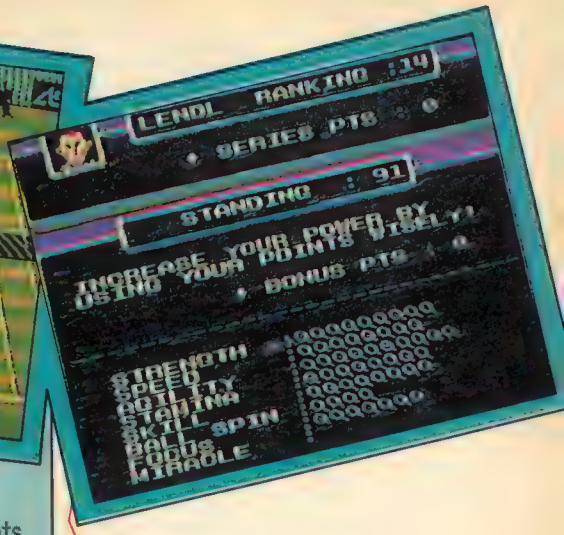


You can launch a rocket serve or a slow drooper just over the net. Changing speeds can keep opponents off balance.

The court itself looks and plays much like the real thing. The action — clay, hard-court, or grass — can be fast and furious. There is a wide variety of options such as lobs, spins, volleys, and smashes.

After each match you are awarded "power points." You can use the points to beef up several of your player's skills, including one called "miracle power." Again we enter the world of fantasy, because miracle power enables you to accomplish such feats as returning a ball without ever touching it and making the ball break into several balls. Chris Evert never dreamed of doing such things.





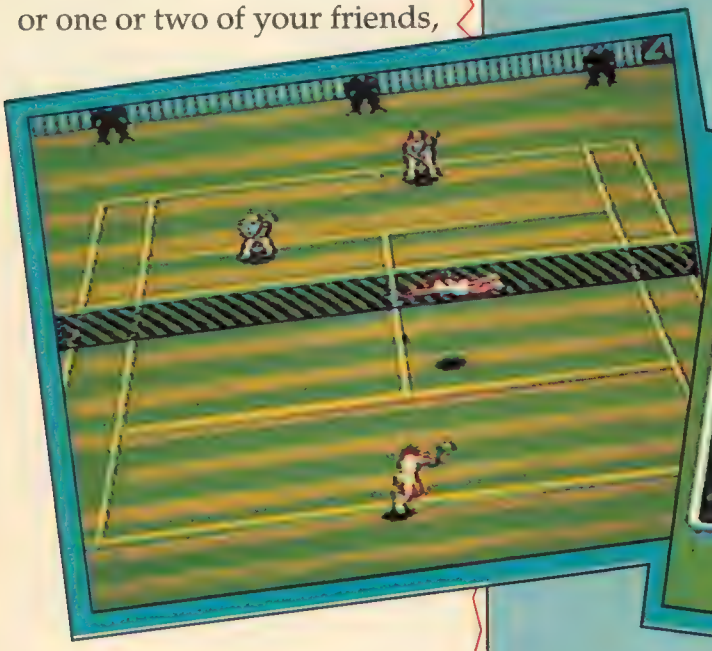
There are four tournaments, and four court surfaces, to choose from.

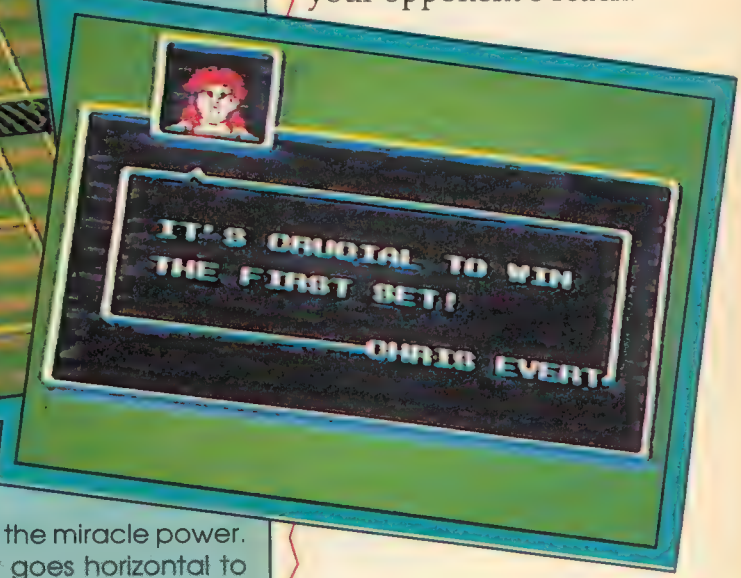
Doubles play is probably the most exciting. The action can get pretty heated as rapid-fire shots zing across the net.

Power points can be used to improve your player. You will be allotted additional points after each match.

To earn power points, you can play in the four Grand Slam tournaments: the Australian Open, the French Open, the U.S. Open, and Wimbledon. In each of these tournaments, you can play singles or doubles. Your opponent can be the computer or one or two of your friends, and up to four can play. Be forewarned, however, that whoever uses controller #2 plays on the side of the court furthest away. This is a difficult position to play since nobody is used to that viewpoint in real life.

Thankfully, you don't need miracle power points to employ the tried and true tennis tricks of the pros. It's gratifying to hit a strong backhand that catches your opponent looking the other way, or to hit a return in the corner of the court, out of your opponent's reach.





Check out the miracle power. The player goes horizontal to reach this shot.

You can solicit advice, call up your status screen, or check your ranking by using your Select button.

GP

ONE-BOY BIKE FACTORY

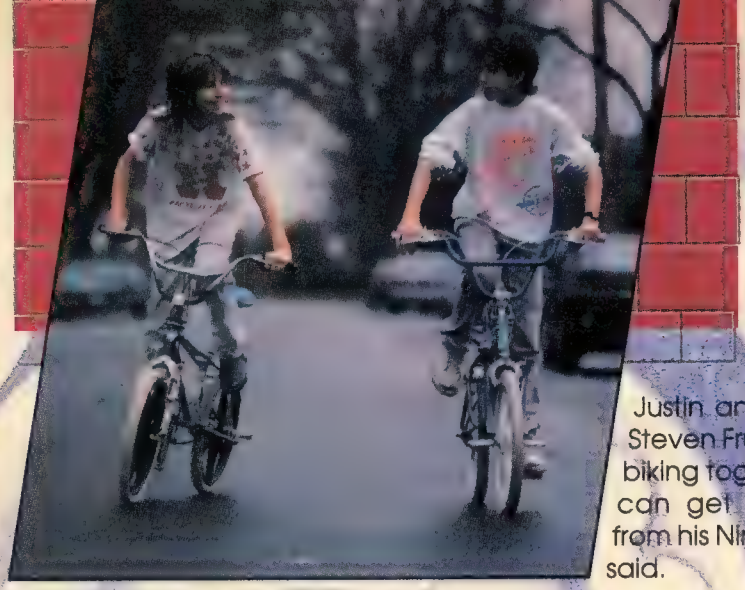
ALL PHOTOGRAPHY BY D. RICHARDS

BRIAN CARROLL

Three years ago, when he was only ten, Justin Lebo set out on a mission. He had just rebuilt two BMX bicycles and given them to a nearby orphanage. His mission, he decided, would be to rebuild enough bikes so that every boy at the orphanage could have one by Christmas, only five months away.

Then he found out that more than 20 boys lived at Kilbarchan Orphanage in Saddle Brook, New Jersey. How could he do it? He would have to become a one-boy bike factory.

Justin said he wanted to do it because it makes him feel good to give. "It just makes me happy to see other kids happy. I just care, I guess."



Justin and BMX buddy Steven Fruela do a lot of biking together. "When I can get Steven away from his Nintendo," Justin said.

So he spent the rest of his summer vacation trying to complete his mission, often toiling in the little workshop that occupies a corner of his parents' garage. When school started again in the fall, he worked on the bikes during the weekends. Every Saturday, he and his mother drove to garage sales in the area in search of bike parts.

"I found parts in some crazy places," Justin said. "I once found a really nice bike sunk in the mud. I also found one in the river near my house."

Justin is good at spotting BMX bikes. He started racing them when he was eight and has loved them ever since. "Sometimes I think his bike is his best friend," said his mother, Diane Lebo.

By October Justin had finished 15 bikes, but he ran out of money and was short on parts. He says it can take as many as six junkers to make one good bicycle.

"The trouble was that Justin wanted to put new things on the bikes — grips, a seat, stickers — because he wanted them all to look good," explained his mother. "That costs money. It forced him to use up all of his allowance."

Luckily, coinciding with Justin's money shortage was a feature in the local newspaper that described what Justin was trying to do. Readers responded and the money started coming in.

"Justin got about 100 calls from people offering bike parts, sometimes even donations — all because of the article," Mrs. Lebo said. So Justin kept working.

By Christmas, the mission was accomplished — every boy at Kilbarchan had his own bike, and there was even an extra one for emergencies.

"It meant the world to the boys here," said Robert Neal, assistant director of Kilbarchan. "Justin didn't just drop off the bikes, he spent time with the boys. He got involved."

Mrs. Lebo told this story: "One little guy at Kilbarchan ended up on "Eyewitness News." They stuck a microphone in his face and asked

Harold, who lives at Kilbarchan, now helps maintain the bikes Justin donated to the boys.

Much of Justin's work is done in the family garage.

When he needs a spare part, Justin checks the heap of bikes in the back yard first.

him what it was like to get a bike. He said, with camera lights shining and with no warning, that 'it's like a book — it opens up a whole new world.'"

Because there were so many bike parts left over from the summer project, Justin decided to continue. He asked his mom to find out where other kids in need were living.

"Kilbarchan referred us to a foster home in the community that had 11 kids," Mrs. Lebo recalled. "So Justin made 11 more bikes. He just kept making bikes."

Not only did he keep making them, he kept giving them away. In fact, Justin had just finished rebuilding five tricycles the week before he spoke with *Game Player's Sports For Kids*. The tricycles were built especially for a local home for children with AIDS.

Altogether, Justin has now rebuilt 52 bikes (not including the tricycles) and has given away 50. "I'll keep giving them away as long as it makes me happy, I guess," he said.

When Justin was six, before the Lebos moved to Saddle Brook, his parents thought it would be important to teach him what it meant to give. "He got pretty much anything he wanted," his mom said. "So he was already an expert on receiving.

"I called a boys home that Christmas to see what they needed," Mrs. Lebo said. "We pooled together some money and bought some things so those boys would have a better Christmas. While we were there, [the director of the home] said people often forget the boys need help the rest of the year, too. That stuck with Justin."

When warm weather came, Justin asked his mom if they could take the boys at the orphanage a big box of ice cream. They did, and Justin became an instant hero. He made annual ice cream deliveries until he and his family moved to Saddle Brook a few years later.

Justin started racing BMX bikes when he was eight and now has a few trophies to show for it.

His parents make sure bike making and bike riding don't take time away from Justin's studies.

Kilbarchan, which is the Scottish word for "heavenly rest," has been in Paterson, New Jersey, for 150 years.

Justin also collects coins and stamps. "I have mint coin sets from 1955 until now."

All of Justin's goodwill has led to a lot of publicity. The local television station put him on their news program. He appeared on "The New Mickey Mouse Club" on the Disney Channel. And *Parade Magazine* ran a story about Justin on Christmas Eve last year.

He says he doesn't understand what all the fuss is about. "They're just bikes," he said. "They're not houses or anything, and I'm not saving lives."

But Justin isn't just giving away bikes. He's giving of himself — his time, his money, his love — and that is a big deal.

The lesson to all of us is clear, Justin says. "Do it in your own neighborhood. A nine-year-old from Long Island [New York] wrote me to tell me he was going to start rebuilding bicycles and give them away to kids who need them."

Justin says it doesn't have to be bikes. "Whatever your talent is, or interest, put it to use for others."

GP

WIMBLEDON — A LASTING TRADITION

If it hadn't been for Charles Goodyear and Alexander Shanks, Wimbledon might be just another south London suburb — certainly not the sporting landmark it has become over the past 113 years.

The 125 ball boys and girls train for two months before The Championships. They have to be fast to chase down the 2,300 *dozen* balls used during the tournament.

Back in the 1830s, Goodyear invented a ball that would bounce on any surface and Shanks developed a machine that cut grass better than a hand-held blade. Shanks' lawn mower turned the back lawns of English country houses into firm, flat surfaces on which Goodyear's tennis ball bounced beautifully.

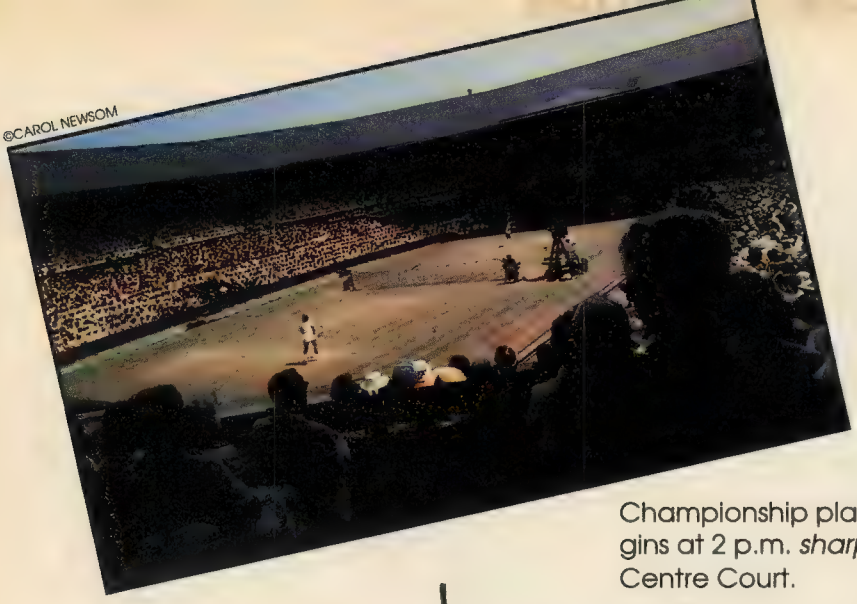
About 30 years later, a man named Major Walter Wingfield combined the two inventions, added rackets and a net, and came up with lawn tennis.

The world's first lawn tennis tournament took place in 1877 on the lawns of The All England Lawn Tennis & Croquet Club in Wimbledon, England. The rules set by the first tournament committee became the basic rules for the game, and they haven't changed much since.

Today, The Championships, as the tournament is simply called, is one of the world's greatest annual events. A Wimbledon championship trophy is prized above any other tennis title, including the other three Grand Slam tournaments.

It is a marvel of the Grand Slam (the four major championships of tennis) that each tournament clearly has a personality of its own.

During the tournament, 120 people work as court coverers. Their job is to cover all the courts with tarps if it starts to rain.



Championship play begins at 2 p.m. *sharp* on Centre Court.

The U.S. Open has energy; the Australian Open, informality; the French Open, flair; and Wimbledon, tradition — right down to the flowering shrubs in the green and purple club colors.

In today's ever-changing world of professional sports, Wimbledon has managed to preserve traditions begun over 100 years ago.

The tournament starts each year in late June and lasts for two weeks, or longer if England's summer rains cause a lot of delays. This year, The Championships will begin on June 25.

Championship play begins at 2 o'clock *sharp* on Centre Court at The All England Lawn Tennis & Croquet Club. That's 9 a.m., Eastern time, in the U.S.

Regulations clearly state that players' dress for the tournament must be mostly white in color.

Wimbledon is the only Grand Slam tournament still played on a grass surface. Grass is the ultimate test for a tennis player because the ball never bounces the same way twice.

The foods of The Championships are traditions in themselves. Wimbledon spectators eat strawberries and cream like Americans eat hot dogs at the ballpark. About 23 tons of strawberries are consumed each tournament, along with 130,000 portions of ice cream, nine tons of salmon, 190,000 sandwiches, 300,000 cups of tea and coffee, and 12,000 bottles of champagne.

Each year, Wimbledon attracts about 400,000 people and a following of millions throughout the world. If you want to see this tradition yourself, check your local TV listings. Last year, more than 50 hours of The Championships were shown on U.S. TV.

GP

Steffi Graf and Boris Becker won the prized championship trophies at the 1989 tournament.

BOB THOMAS SPORTS PHOTOGRAPHY

TAKE A TRIP BACK IN TIME... VISIT A HALL OF FAME

LISA M. BOUCHEY

The fast-paced, thrilling world of professional sports fills history books with unforgettable performers and performances. But for every true sports fan, there's one memory, one great player, that stands out above the rest.

Babe Ruth stands at the plate, points to right field, and then slaps a home run over the right field fence on the very next pitch.

Roger Staubach heaves a 50-yard, last-second touchdown pass to win a playoff game for his Dallas Cowboys.

The U.S. Hockey team explodes in celebration after upsetting the heavily favored Soviets in the 1980 Olympics.

Throughout the U.S., halls of fame for just about every sport honor the greats and their contributions to the games they loved. Visit a hall of fame. You'll find out what life was like for the pioneers of modern sport, and what it's like for today's superstars. And you'll get to relive those great moments in sports history.

Here's a list of some of the biggest and most popular sports halls of fame, and some of the treasures you'll find if you visit.

COURTESY BASEBALL HALL OF FAME

COURTESY BASKETBALL HALL OF FAME

COURTESY BASKETBALL HALL OF FAME

Baseball Hall of Fame, Cooperstown, New York

Did you know that a ticket to the 1956 World Series cost $7.35? Or that Joe DiMaggio and Mickey Mantle used the same locker in the Yankee clubhouse? Would you like to see the 1909 T206 Honus Wagner tobacco card — the rarest, most famous baseball card of all? Then Cooperstown, the oldest sports hall of fame in the U.S., is the place for you. The museum brings baseball to life with over 1,000 pictures, uniforms, bats, and autographed balls collected over baseball's history of more than 150 years. You can even see the lockers of Joe DiMaggio, Mickey Mantle, Lou Gehrig, Hank Aaron, and Stan Musial standing side-by-side in the Ballparks Room.
(607)547-9988

Pro Football Hall of Fame, Canton, Ohio

More than four million fans have visited the Football Hall of Fame since it opened in 1963. One of the most popular exhibits is the Pro Football Adventure Room and its tribute to the 1972 Miami Dolphins' perfect season. The Dolphins posted a record of 17-0 that year, the only NFL team ever to finish a season unbeaten and untied.
(216)456-8207

Basketball Hall of Fame, Springfield, Massachusetts

There's only one place you can see exhibits showcasing size 22 shoes, peach baskets used as basketball goals in 1891, and the stuff you might find stashed in Michael Jordan's locker — the Basketball Hall of Fame.
(413)781-6500

PGA/World Golf Hall of Fame, Pinehurst, North Carolina

See trophies of the four major championships (the PGA, the British Open, the Masters, and the U.S. Open) and tributes to the only four golfers in the history of the game who have won all four tournaments — Gene Sarazen, Ben Hogan, Gary Player, and Jack Nicklaus.
(919)295-6651

U.S. Hockey Hall of Fame, Eveleth, Minnesota

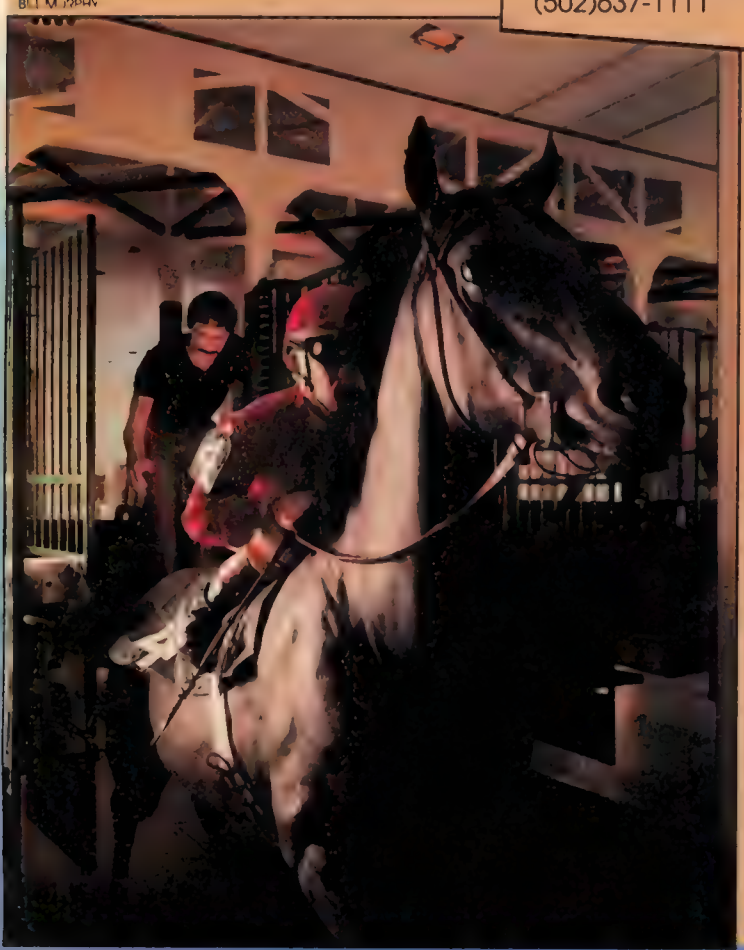
Try your skill at hitting targets on the museum's mini-rink and relive the gold medal moments of the 1960 and 1980 Olympic hockey teams with Olympic medals, uniforms, and films of the games.
(218)744-5167

Indianapolis Motor Speedway Hall of Fame Museum, Indianapolis, Indiana

The museum is home to one of the world's largest collections of cars. You won't want to miss the 1922 Dusenberg #12 Murphy Special — the only car ever to win both the Indy 500 and the French Grand Prix. When the track is open, and not in use for racing or testing, hall of fame visitors can go for a ride around the track itself in a Speedway car. (317)241-2500

Kentucky Derby Museum, Louisville, Kentucky

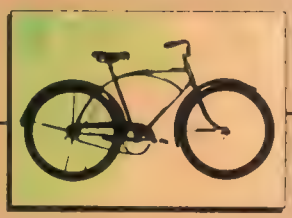
The Time Machine Theater shows films of every Derby from 1928 to the present. Watch the films and then test your racing knowledge with a Derby I.Q. question and answer game. Don't leave until you see the hoof protectors worn by Aristides, winner of the very first Derby in 1875. (502)637-1111



BILL MURPHY

Little League Baseball Museum, Williamsport, Pennsylvania

Practice your batting and pitching in the Play Ball Room and then watch the instant replay on video monitors. In the Founders Room you can see the world of Little League grow from one league to 7,000 and test your knowledge of rules and regulations on a computerized question and answer panel. (717)326-3607



Mountain Bike Hall of Fame, Crested Butte, Colorado

This museum travels around the country showing everyone how mountain biking has grown up. The clunkers of yesterday are displayed along with sleeker modern bikes, and pictures, magazines, and stories that follow the first bumpy cycle rides to today's championship finishes. (303)349-7382

National Museum of Racing, Saratoga Springs, New York

Colorful exhibits tell the story of American thoroughbred horse racing, a 300-year tale of drama and excitement. Tours begin at a starting gate, complete with the sounds of horses loading, jockeys yelling, and stalls flying open, and end in a winners' circle. (518)584-0400

ProRodeo Hall of Fame, Colorado Springs, Colorado

Find out how the cowboys of the old West turned everyday work chores into the sport of rodeo. In the summer, you can see live rodeo animals in a mini-rodeo arena just outside the museum. (719)593-8847

COURTESY INTERNATIONAL TENNIS HALL OF FAME

International Tennis Hall of Fame, Newport, Rhode Island

No trip to this museum would be complete without a game on one of its beautifully kept grass courts. Test your serve on the same courts that have seen some of the most famous forehands and two-fisted backhands in the game. The racket Chris Evert used to win the 1982 U.S. Open can be found here, right next to the pair of sneakers that carried her to the 1983 French Open crown. (401)849-3990

U.S. National Ski Hall of Fame, Ishpeming, Michigan

Relive the triumphs of Andrea Mead Lawrence, America's double gold winner at the 1952 Olympics, and modern Olympic medalists Cindy Nelson and Bill Koch. In the History of Skiing section you can examine a replica of a 4,000-year-old ski and pole, or find out how the men of the U.S. 10th Mountain Division fought on skis for control of the Italian Alps during World War II. (906)486-9281

International Swimming Hall of Fame, Ft. Lauderdale, Florida

Take a look at the coats and pants early female swimmers had to wear in competition and you'll have a pretty good idea what life was like for the pioneers of this sport. You can learn about a pioneer of another sort, too, Ben Franklin. He loved to swim, and he even water skied behind a kite. Don't forget your bathing suit! You can swim at this museum, too. (305)462-6536

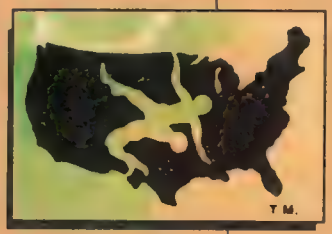
National Track & Field Hall of Fame, Indianapolis, Indiana

Can you imagine jumping 29'2½"? Bob Beamon did it in the 1950s, and the distance of his world-record long jump is taped on a wall of the museum. On another wall, you'll find an unfinished poster for the 1940 Tokyo Olympics, cancelled because of World War II. (317)261-0500

Water Ski Hall of Fame, Winter Haven, Florida

Begin your tour in Pioneer Hall, where water skiing's early years are shown on videotape and in pictures. You'll see a collection of water skis dating back to 1922 — they're primitive by today's standards. The Barefoot Display traces barefooting from its start in 1947 to today's World Championships. (813)324-2472

COURTESY INDIANAPOLIS MOTOR SPEEDWAY



National Wrestling Hall of Fame, Stillwater, Oklahoma

The nation's only wrestling museum opened in 1976. The Wall of Champions is filled with plaques bearing the names of more than 4,200 national amateur champions and members of U.S. international teams. (405)377-5339

ILLUSTRATION BY JOHN WINSTEAD

COURTESY KENTUCKY DERBY MUSEUM

GP

off the shelf

MATT CHRISTOPHER'S

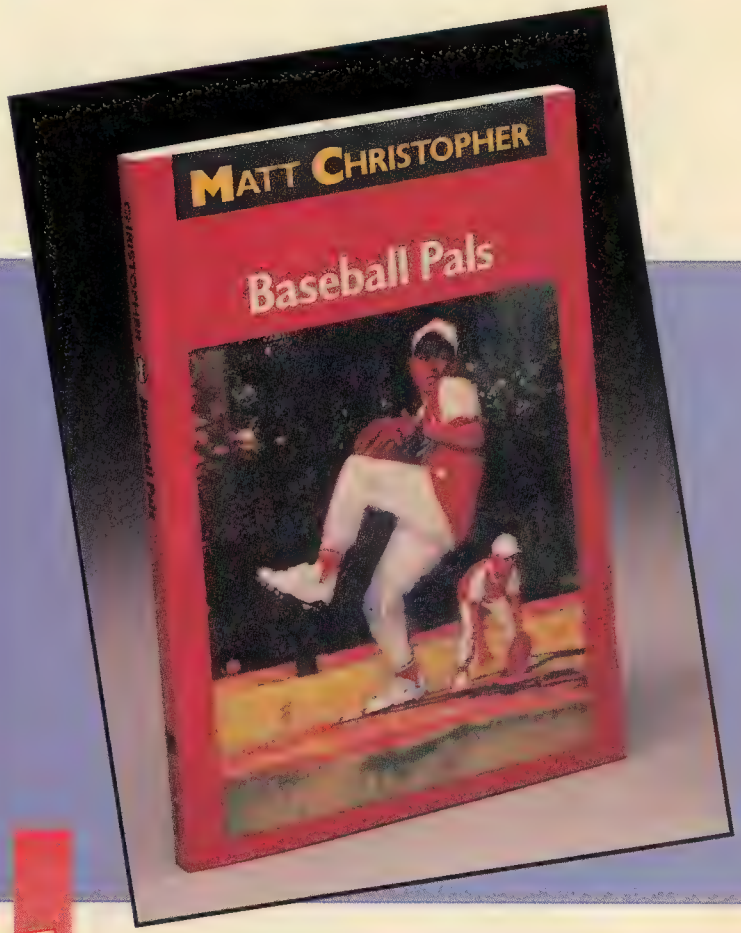
Matt Christopher has written more books in his lifetime than many people read in theirs. Since he started writing back in 1938, Christopher has had more than 75 books published, and he's still writing. In fact, three of his latest paperbacks just rolled off the presses: *Baseball Pals*, *The Diamond Champs*, and *The Hit-Away Kid*.

Christopher played football, baseball, and soccer in high school. "I was pretty good, too," he said. "I turned to writing when I realized I didn't have what it takes to break into baseball's big leagues. That was more than 50 years ago.

"I played for a New York Yankee farm team in Canada for about two months," he said. "I decided I would be better off chasing another dream of mine, and that was to be a writer."

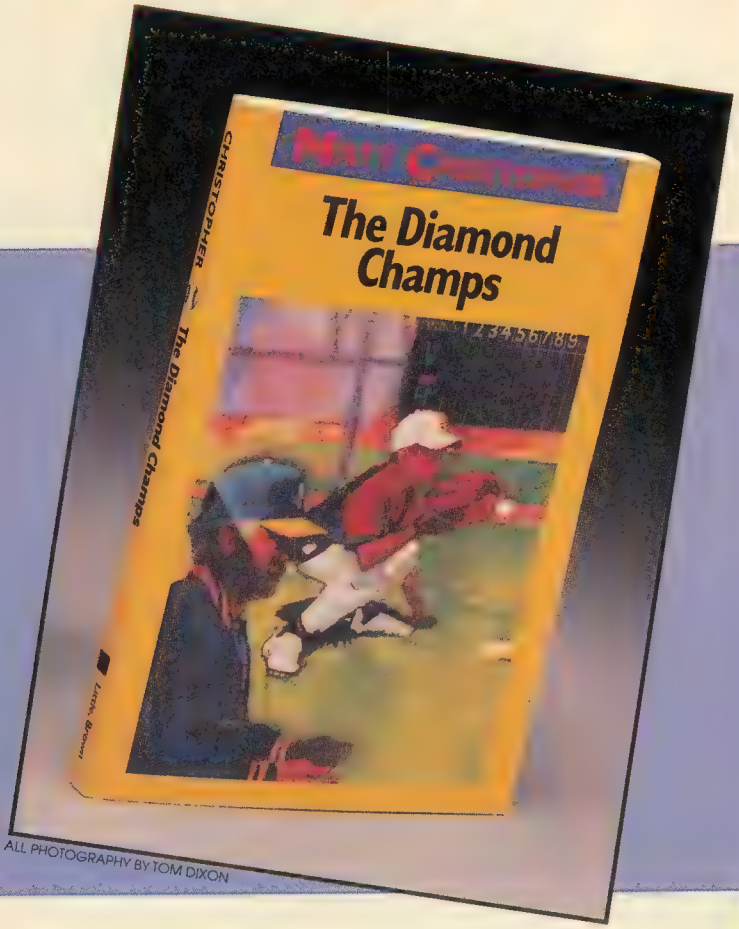
That decision resulted in more than 270 short stories, several plays, about 75 books, and even a comic strip.

...continued on page 89



In *Baseball Pals*, Jimmie Todd is voted captain of the Planets baseball team. Even though his best friend, Paul, is a better pitcher, Jimmie decides to be the team's pitcher himself. Bad decision. Jimmie can barely get the ball over the plate and the Planets start losing. To make things worse, Paul quits the team to pitch for another team. What will happen to the Planets? Will Jimmie and Paul become friends again? You'll have to read the book to find out. (For ages 8 to 12)

ALL-STAR LINEUP



ALL PHOTOGRAPHY BY TOM DIXON

The Diamond Champs is about a mysterious baseball coach who believes he can take a team of rookies to the championship. Kim Rollins, the Steelheads' right fielder, can't figure out why Coach Stag is so set on winning the championship. Who is Coach Stag and where did he come from? How does he expect to win the championship when none of the kids on the team knows what he's doing? With the help of his father, Kim sets out to find the answers. (For ages 8 to 12)

Does winning mean more to left fielder Barry McGee than playing fair? That's the question in *The Hit-Away Kid*. Barry is the main man at the plate for the Peach Street Mudders baseball team. His problem is that he likes being a hero too much. He bends the rules. When a pitcher from the High Street Bunkers makes him a deal, will he play along or play fair? (For ages 7 to 9)

...continued from page 88

"I wrote for a comic strip for about six years called 'Treasure Chest,'" said the writer. "It was a lot like 'Little Orphan Annie.' The character, Chuck White, was always 14 years old and always got into trouble."

About 25 years ago, Christopher said, he decided to put all of his time and energy into writing sports books for kids. "I just combined my greatest loves — kids, sports, and writing," he said.

"I have a close relationship with my readers," Christopher said. "I put myself in the shoes of every character I write about, so I become a kid again. There have been many times when, after finishing a scene for a book, I got all choked up. I hope that compassion shines through in my writing."

More than 20 of Matt Christopher's books are now available in paperback, with four new paperbacks published each year. Some of his books are only available in hardcover. You can check those out at your school or public library.

Christopher, who is now 72, has four children and seven grandchildren. He and his wife, Catherine, live in Rock Hill, South Carolina. GP

RIDDLE RIPOFF

CLIPPING ZONE

One letter has been clipped from each term at right. On each line, fill in the blank space with the missing letter to form a word associated with football. Then read **DOWN** the filled-in spaces to find the name of a tricky football play.

		UPERBOWL
		ACKLE
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TO		CHDOWN
D		FENSE
P		INTS
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FUM		LE
OFF		NSE
REFE		EE
QUAR		ER
PENALT		

Answers on page 92...

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RIDDLE RIPOFF

RIDDLE
RIDDLE RIPOFF
RIDDLE RIPOFF
RIPOFF

Answers from page 90...

Tricky football play =
STATUE OF LIBERTY

CLIPPING ZONE

	S	UPERBOWL
	T	ACKLE
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TO	U	CHDOWN
D	E	FENSE
P	O	INTS
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FUM	B	LE
OFF	E	NSE
REFE	R	EE
QUAR	T	ER
PENALT	Y	

LOOK IT UP!

Q: The Oakland A's need one run to tie the Kansas City Royals. Oakland's Jose Canseco is on third with Dave Henderson at the plate. K.C.'s Bret Saberhagen throws a pitch into the dirt, so the home plate umpire calls time out to look at the ball. He hands it back to the catcher, who accidentally throws it over Saberhagen's head and into center field. Can Canseco score from third?

A: *Jose would have to go back to third. The ball remains dead until Saberhagen takes his position on the mound with the ball and the umpire says "play." However, the catcher would not be charged with an error.*

Q: Let's say the Rough Riders are playing the Panthers in college basketball. The Rough Riders' Buster is defending against Igor, who plays for the Panthers. Buster slaps the ball away from Igor, who in desperation kicks the ball. He kicks it so hard that it hits the backboard and banks through the rim. Does the bucket count?

A: *Sorry, Igor, no basket. When a ball is kicked in college basketball, action is stopped and the shot clock is reset.*

Q: During a Little League championship game, the runner on first takes off for second before the pitcher releases the ball. The batter fouls off the pitch. What happens to the runner on second?

A: *The batter shouldn't have swung at the pitch. But he did, so the runner on second must go back to first base. You can't steal a base on a foul ball.*

GP

june 90

S	M	T	W	T	F	S
					1	2 RON KIDS TRIATHLON Augusta, Georgia (through the 3rd), and Honolulu, Hawaii.
3	4	5	6	7	8 World Cup soccer tournament, Italy (through July 8).	9 Belmont Stakes horse race, Elmont, New York.
10 French Open tennis tournament ends, Paris, France.	11	12	13	14 U.S. Open golf tournament, Medinah, Illinois (through the 17th). The Athletics Congress track championships, Cerritos, California (through the 16th).	15 RON KIDS TRIATHLON Des Moines, Iowa (through the 16th).	16 Tour of Italy bicycle race ends, Milan, Italy.
17	18	19	20	21	22	23 RON KIDS TRIATHLON Nashville, Tennessee (through the 24th).
24	25 Wimbledon tennis tournament, London, England (through July 8).	26	27	28 JUDO U.S. Judo Association Junior Nationals, Hollywood Beach, Florida (through the 30th).	29	30 The Athletics Congress junior national track championships, Fresno, California (through July 1). Tour de France men's bicycle race, France (through July 22).

julY90

S	M	T	W	T	F	S
			4	5	6 U.S. Olympic Festival, Minneapolis, Minnesota (through the 15th).	7 RON KIDS TRIATHLON Roanoke, Virginia (through the 8th).
8 World Fencing Championships, Lyons, France (through the 16th). World Cup soccer championship, Rome, Italy.	9	10 Major League Baseball All-Star Game, Chicago, Illinois. Tour de France women's bicycle race, France (through the 22nd).		12 U.S. Women's Open golf tournament, Duluth, Georgia (through the 15th).	13	14 RON KIDS TRIATHLON Denver, Colorado (through the 15th).
15	16 Junior Pan American Games, Tallahassee, Florida (through the 23rd).	17 Optimist Junior World Golf Championships, San Diego, California (through the 20th).	18	19 British Open golf tournament, Fife, Scotland (through the 22nd).	20 Goodwill Games, Seattle, Washington (through August 5). *Uniting The World's Best* ™	
22	23 Federation Cup women's tennis tournament, Atlanta, Georgia (through the 29th).	24 U.S. Junior Amateur golf tournament, Daly City, California (through the 28th).	25	26	27	28 ★AAU★ Junior Olympic Games, Tampa Bay area, Florida (through August 5). RON KIDS TRIATHLON Louisville, Kentucky (through the 29th).
29	30	31				

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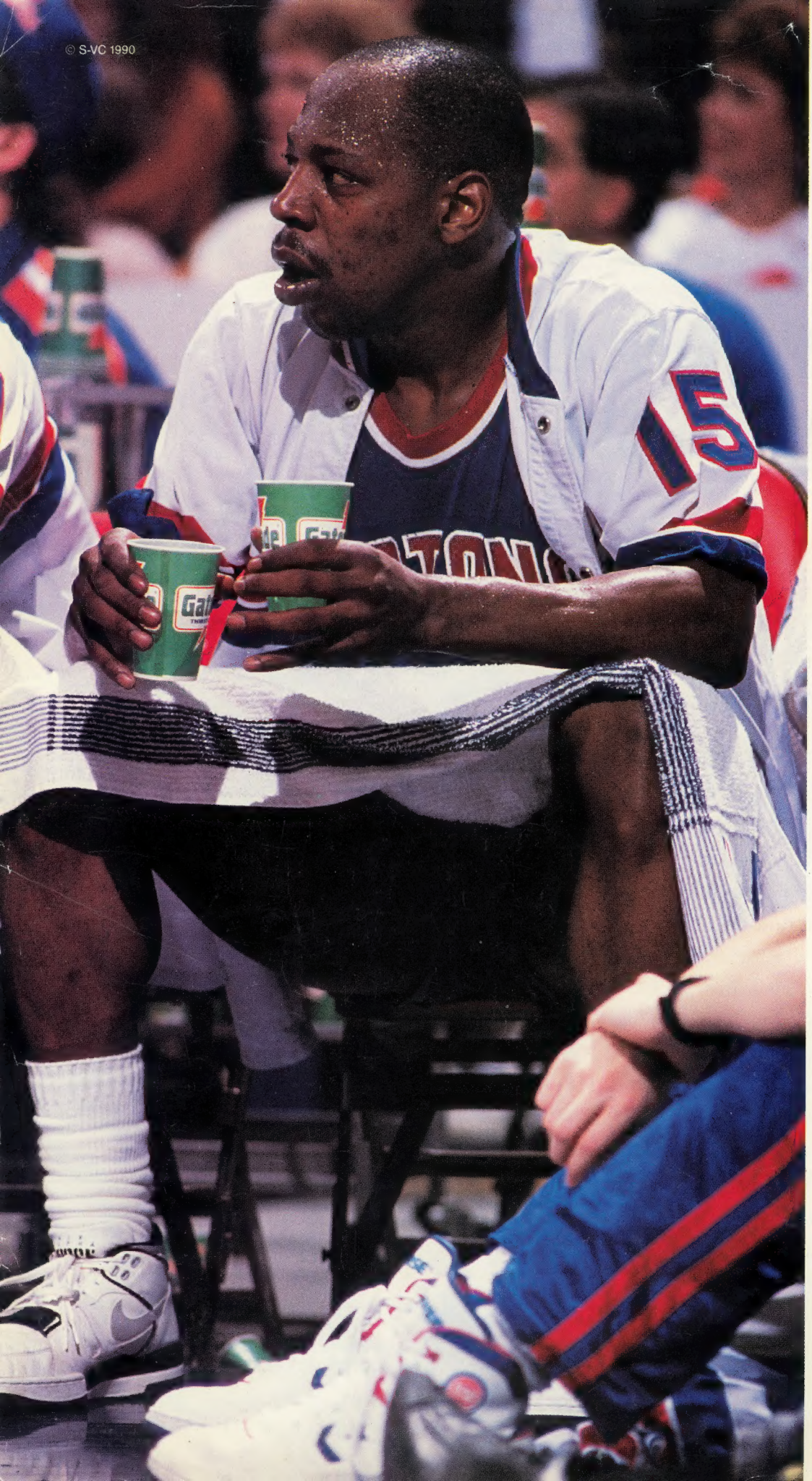

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